

# SELF-CARE PLANNER

# 2024



**DHARMA SEEDS YOGA**

*Trauma-informed yoga*



TAKE CARE OF YOURSELF THIS YEAR WITH THE  
2024 SELF CARE PLANNER!

- PLAN YOUR SELF-CARE ACTIVITIES AND TRACK YOUR PROGRESS.
- FIND INSPIRATION AND MOTIVATION TO TAKE CARE OF YOURSELF.
- MAKE SELF-CARE A PRIORITY IN YOUR LIFE.





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***Mindfulness ~ The Minds Martial Art™; Engage Mindfulness™; Minds Martial Artist™; KindMind=AliveMind™ ; by Dharma Seeds Yoga, Muscogee Reservation, Okemah, Oklahoma***

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<https://linktr.ee/DharmaSeedsYoga>

Writing prompts assistance by Google Bard <https://bard.google.com/faq>



# 2024 CALENDAR

## January

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## February

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## March

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31						

## April

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28	29	30				

## May

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## June

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## July

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## August

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## September

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## October

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## November

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## December

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22	23	24	25	26	27	28
29	30	31				



# January

## 2024

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

### Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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# Weekly Planner

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



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Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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## Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

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Nutrition	


# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

## ACTS OF SELF CARE

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**AFFIRMATION**

**I AM GRATEFUL FOR..**

**Ideas**

**Action**

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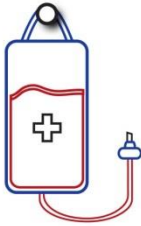
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## Nourishing the soul via a self-care IV

### Why Self-Care is Vital for Spiritual Practices

Self-care is the practice of taking actions that promote your physical, mental, and emotional well-being. It includes activities that you do for yourself, such as getting enough sleep, eating healthy foods, exercising, and spending time in nature.



Spiritual practices are activities that help you connect with your inner wisdom, higher power, or source of inspiration. They can include meditation, prayer, yoga, journaling, and spending time in nature.

***Self-care and spiritual practices are closely related.*** When you take care of yourself physically, mentally, and emotionally, you are creating a foundation for spiritual growth. And when you engage in spiritual practices, you are opening yourself up to insights and experiences that can help you grow and evolve.

Here are some of the reasons why self-care is so vital for spiritual practices:

- **Self-care helps you to relax and de-stress.** When you are stressed, your body releases hormones that can interfere with your ability to think clearly and make sound decisions. Self-care practices such as meditation, yoga, and spending time in nature can help you to relax and de-stress, which can make it easier to connect with your spiritual side.
- **Self-care helps you to feel more grounded and centered.** When you are feeling grounded and centered, you are more likely to be open to spiritual experiences. Self-care practices such as spending time in nature, journaling, and listening to calming music can help you to feel more grounded and centered.
- **Self-care helps you to listen to your intuition.** Your intuition is your inner guidance system. It is the voice that tells you what is right for you. When you are well-rested, relaxed, and centered, you are more likely to be able to hear your intuition. Self-care practices such as meditation, yoga, and journaling can help you to develop your intuition.
- **Self-care helps you to feel more connected to others.** When you feel good about yourself, you are more likely to be kind and compassionate to others. Self-care practices such as spending time in nature, volunteering, and practicing gratitude can help you to feel more connected to others.

If you are interested in deepening your spiritual practice, it is important to make self-care a priority. There are many different self-care practices that you can choose from, so find what works best for you and make it a regular part of your life. When you take care of yourself, you are creating the conditions for spiritual growth and transformation.

Here are some specific self-care practices that can support your spiritual practices:

- **Meditation:** Meditation is a great way to relax and de-stress, and it can also help you to connect with your intuition. There are many different types of meditation, so find one that works for you and practice it regularly.
- **Yoga:** Yoga is another great way to relax and de-stress, and it can also help you to connect with your body and your breath. There are many different types of yoga, so find one that works for you and practice it regularly.
- **Journaling:** Journaling is a great way to process your thoughts and feelings, and it can also help you to connect with your inner wisdom. Find a quiet place where you can journal without interruptions, and write about whatever is on your mind.



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- **Spending time in nature:** Spending time in nature is a great way to relax and de-stress, and it can also help you to connect with the divine. Go for a walk in the park, hike in the woods, or simply sit in your backyard and enjoy the fresh air and sunshine.
- **Volunteering:** Volunteering is a great way to connect with others and make a difference in the world. Find a cause that you are passionate about and volunteer your time.
- **Practicing gratitude:** Gratitude is a powerful emotion that can help you to feel more positive and connected to others. Take some time each day to reflect on the things that you are grateful for.

By incorporating self-care practices into your life, you can create the conditions for spiritual growth and transformation.



Growing up inside a nucleus of abuse both mental and physical, having a bad speech problem till I was 10 years of age, surely did no good in teaching me at a young age about self-care. Survival was the only thing on my mind. Unhealed, unloved, unworked trauma has a way, at least for me, to hide behind my fears with a mask of who I wasn't inside. Halloween was a daily dressing ritual so to speak. So I get it when trauma is present self-care is in the backseat.

That is why I appreciate trauma-informed yoga and mindfulness. Some of the training I received was with [Trauma Center Trauma Sensitive Yoga](#). They are definitely at the forefront of this healing yoga.

*Self-care and mindfulness are both important for mental health, but they can also lead to some problems if they are not done correctly.*

**Here are some of the mental health issues that can arise with self-care and mindfulness:**

- **Excessive self-focus:** When people focus too much on themselves, it can lead to feelings of isolation and loneliness. This can be especially true if people are not also connecting with others and participating in activities that they enjoy.
- **Feelings of guilt:** If people feel guilty about taking time for themselves, it can sabotage their efforts to practice self-care. It is important to remember that self-care is not selfish. It is essential for maintaining good mental health.
- **Perfectionism:** When people set unrealistic expectations for themselves, it can lead to feelings of frustration and disappointment. It is important to be patient and forgiving with yourself, and to focus on making small changes that you can sustain over time.
- **Avoidance:** If people use self-care as a way to avoid dealing with difficult emotions or situations, it can actually make their mental health problems worse. It is important to face your challenges head-on, and to use self-care as a way to support yourself through difficult times.
- **Dependency:** If people become too reliant on self-care activities, it can lead to dependency and a lack of resilience. It is important to find a balance between self-care and other activities that you enjoy.
- **Isolation:** If people practice self-care in isolation, it can lead to feelings of loneliness and disconnection. It is important to find ways to connect with others, even when you are taking time for yourself.

It is important to remember that self-care and mindfulness are not a cure for mental health problems. However, they can be helpful tools for managing symptoms and promoting overall well-being. If you are struggling with mental health problems, it is important to seek professional help. Self-care and mindfulness can be a part of your treatment plan, but they should not be the only thing you rely on.



## 2024 Self-Care Planner

*If you are experiencing any of the mental health issues listed above, it is important to talk to a therapist or counselor.* They can help you develop a self-care plan that is right for you and can teach you how to use mindfulness healthily.

Here are some tips for practicing self-care in a healthy way:

- **Set realistic expectations:** Don't try to do too much too soon. Start with small changes that you can sustain over time.
- **Be kind to yourself:** Remember that self-care is not selfish. It is essential for maintaining good mental health.
- **Find activities that you enjoy:** There are many different ways to practice self-care. Find activities that you enjoy and that make you feel good.
- **Don't be afraid to ask for help:** If you are struggling, don't be afraid to ask for help from a friend, family member, or therapist.
- **Be patient with yourself:** It takes time to develop healthy habits. Don't get discouraged if you slip up. Just pick yourself up and start again.



Self-care and mindfulness can be helpful tools for managing mental health problems. However, it is important to remember that they are not a substitute for professional help. If you are struggling with mental health problems, it is important to seek professional help.

### How to Overcome Excessive Self-Focus Within Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. It can be a helpful tool for overcoming excessive self-focus. When we are overly focused on ourselves, we can become anxious, depressed, and isolated. Mindfulness can help us to step back from our thoughts and feelings and to see them more objectively. This can help us to let go of negative thoughts and emotions and to focus on the present moment.

There are many different ways to practice mindfulness. Some common practices include meditation, yoga, and tai chi. Meditation is the practice of sitting quietly and focusing on the breath. Yoga is a mind-body practice that combines physical postures with breathing exercises and meditation. Tai chi is a gentle martial art that combines slow, flowing movements with mindfulness.

If you are interested in overcoming excessive self-focus, it is important to find a mindfulness practice that works for you and to commit to practicing it regularly. Here are some tips for practicing mindfulness:

- **Find a quiet place where you will not be disturbed.**
- **Sit comfortably with your back straight.**
- **Close your eyes and focus on your breath.**
- **Notice the rise and fall of your breath as it enters and leaves your body.**
- **If your mind wanders, gently bring it back to your breath.**
- **Continue to practice for 5-10 minutes.**

As you practice mindfulness, you may notice that you start to become more aware of your thoughts and feelings. You may also notice that you are less likely to judge yourself or others. With regular practice, mindfulness can help you to overcome excessive self-focus and to live a more balanced and fulfilling life.



Here are some additional tips for overcoming excessive self-focus within mindfulness:

- **Practice compassion for yourself.** When you notice that you are being overly self-critical, take a moment to pause and practice compassion for yourself. Remind yourself that everyone makes mistakes and that you are not alone.
- **Connect with others.** One of the best ways to overcome excessive self-focus is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are part of something larger than yourself.
- **Focus on the present moment.** One of the hallmarks of excessive self-focus is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming excessive self-focus takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome excessive self-focus and to live a more balanced and fulfilling life. If you are struggling with excessive self-focus, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.



### [Your Brain Can Only Take So Much Focus](#)

#### **How to Overcome Feelings of Guilt Within Mindfulness**

Guilt is a common human emotion that can be caused by a variety of factors, such as making a mistake, hurting someone else, or not living up to our own expectations. While guilt can be a healthy emotion that motivates us to make amends and improve our behavior, it can also be debilitating and prevent us from living our lives to the fullest.

Mindfulness is a powerful tool that can help us to overcome feelings of guilt. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our guilt for what it is: a thought, not a fact.

When we are mindful of our guilt, we can start to see it more objectively. We can see that our guilt is often based on unrealistic expectations or on a distorted view of the situation. We can also see that our guilt is often self-serving. We may use guilt to avoid taking responsibility for our actions, to manipulate others, or to punish ourselves.

Once we have seen our guilt more objectively, we can start to let it go. We can do this by accepting our guilt, by forgiving ourselves, and by taking steps to make amends if necessary.

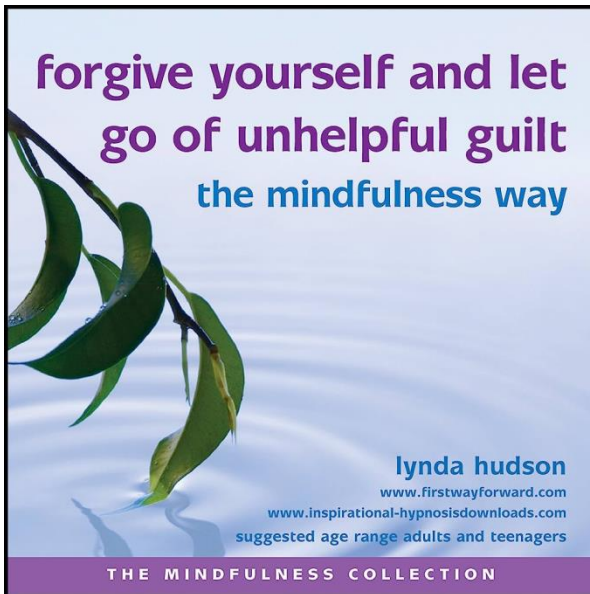
Here are some tips for overcoming feelings of guilt within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.



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- **Pay attention to your thoughts and feelings.** When you are feeling guilty, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your guilt for what it is.** Remember that your guilt is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your guilt realistic? Are they based on facts or on assumptions?
- **Forgive yourself.** Once you have seen your guilt more objectively, you can start to forgive yourself. Remember that everyone makes mistakes.
- **Take steps to make amends.** If your guilt is based on something you have done, you can take steps to make amends. This may involve apologizing to the person you have hurt, making restitution, or changing your behavior.



<https://www.amazon.com/Forgive-yourself-unhelpful-guilt-Mindfulness/dp/1908740396>

Overcoming feelings of guilt takes time and practice. But with regular practice, you can learn to let go of your guilt and live a more peaceful and fulfilling life.

Here are some additional tips for overcoming feelings of guilt within mindfulness:

- **Practice compassion for yourself.** When you notice that you are feeling guilty, take a moment to practice compassion for yourself. Remind yourself that you



- STOP
- TAKE A BREATH
- OBSERVE *(what's going on inside)*
- PROCEED *(in a helpful way)*

[www.BanniBuntingMindfulness.com](http://www.BanniBuntingMindfulness.com)

- are human and that everyone makes mistakes.
- **Connect with others.** One of the best ways to overcome guilt is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of guilt is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming guilt takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome feelings of guilt and to live a more balanced and fulfilling life. If you are struggling with feelings of guilt, I encourage you to find a mindfulness practice that works for you and commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.



## How to Overcome Perfectionism Within Mindfulness

Perfectionism is a common human trait that can be both helpful and harmful. On the one hand, perfectionism can motivate us to achieve our goals and to do our best work. On the other hand, perfectionism can lead to anxiety, stress, and low self-esteem.

Mindfulness is a powerful tool that can help us to overcome perfectionism. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our perfectionism for what it is: a thought, not a fact.

When we are mindful of our perfectionism, we can start to see it more objectively. We can see that our perfectionism is often based on unrealistic expectations or on a distorted view of ourselves and the world. We can also see that our perfectionism is often self-defeating. We may use perfectionism to avoid taking risks, to avoid failure, or to feel like we are in control.

Once we have seen our perfectionism more objectively, we can start to let it go. We can do this by accepting our imperfections, forgiving ourselves, and setting realistic goals.

### Here are some tips for overcoming perfectionism within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling perfectionistic, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your perfectionism for what it is.** Remember that your perfectionism is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your perfectionism realistic? Are they based on facts or on assumptions?
- **Forgive yourself.** Once you have seen your perfectionism more objectively, you can start to forgive yourself. Remember that everyone is imperfect.
- **Set realistic goals.** Instead of setting unrealistic goals, set goals that are challenging but achievable. This will help you to feel a sense of accomplishment and to reduce your stress levels.

Overcoming perfectionism takes time and practice. But with regular practice, you can learn to let go of your perfectionism and live a more peaceful and fulfilling life.

### Here are some additional tips for overcoming perfectionism within mindfulness:

- **Practice compassion for yourself.** When you notice that you are being perfectionistic, take a moment to practice compassion for yourself. Remind yourself that you are human and that everyone makes mistakes.
- **Connect with others.** One of the best ways to overcome perfectionism is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of perfectionism is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.



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- **Be patient with yourself.** Overcoming perfectionism takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome perfectionism and to live a more balanced and fulfilling life. If you are struggling with perfectionism, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

### How to Overcome Avoidance Within Mindfulness



Avoidance is a common coping mechanism that can be helpful in the short-term, but it can be harmful in the long-term. When we avoid difficult or uncomfortable situations, we may feel better in the moment, but we are not actually dealing with the problem. This can lead to problems such as anxiety, depression, and low self-esteem.

Mindfulness is a powerful tool that can help us to overcome avoidance. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our avoidance for what it is: a way of coping with difficult emotions.

When we are mindful of our avoidance, we can start to see it more objectively. We can see that our avoidance is often based on fear or anxiety. We can also see that our avoidance is often self-defeating. We may use avoidance

to avoid feeling pain, but this only makes the pain worse in the long run.

Once we have seen our avoidance more objectively, we can start to let it go. We can do this by facing our fears, accepting our emotions, and practicing self-compassion.

### Here are some tips for overcoming avoidance within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling avoidant, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your avoidance for what it is.** Remember that your avoidance is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your avoidance realistic? Are they based on facts or on assumptions?
- **Face your fears.** One of the best ways to overcome avoidance is to face your fears. This does not mean that you have to do something that you are terrified of, but it does mean that you should take small steps towards facing your fears.
- **Accept your emotions.** When you are feeling anxious or afraid, it is important to accept your emotions. Do not try to push them away or numb them. Instead, allow yourself to feel your emotions fully.



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- **Practice self-compassion.** When you are feeling avoidant, it is important to be kind to yourself. Remember that everyone experiences avoidance from time to time. Do not judge yourself for feeling avoidant. Instead, be patient with yourself and offer yourself compassion.

Overcoming avoidance takes time and practice. But with regular practice, you can learn to let go of your avoidance and live a more peaceful and fulfilling life.

Here are some additional tips for overcoming avoidance within mindfulness:

- **Practice compassion for yourself.** When you notice that you are avoiding something, take a moment to practice compassion for yourself. Remind yourself that everyone experiences avoidance from time to time.
- **Connect with others.** One of the best ways to overcome avoidance is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of avoidance is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming avoidance takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome avoidance and to live a more balanced and fulfilling life. If you are struggling with avoidance, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

### How to Overcome Dependency Within Mindfulness

Dependency is a common human condition that can be caused by a variety of factors, such as childhood experiences, personality traits, and mental health conditions. While dependency can be a helpful coping mechanism in the short-term, it can become a major obstacle to growth and development in the long-term.

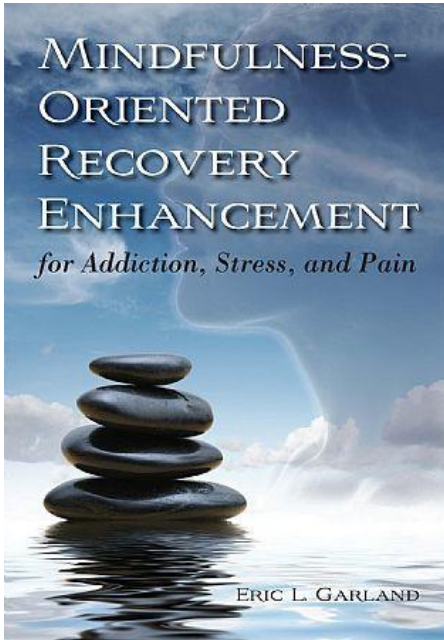
Mindfulness is a powerful tool that can help us to overcome dependency. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our dependency for what it is: a way of coping with difficult emotions.

When we are mindful of our dependency, we can start to see it more objectively. We can see that our dependency is often based on fear or anxiety. We can also see that our dependency is often self-defeating. We may use dependency to avoid feeling pain, but this only makes the pain worse in the long run.

Once we have seen our dependency more objectively, we can start to let it go. We can do this by developing self-reliance, by facing our fears, and by practicing self-compassion.



[Link to Book](#)



Here are some tips for overcoming dependency within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling dependent, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your dependency for what it is.** Remember that your dependency is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your dependency realistic? Are they based on facts or on assumptions?
- **Develop self-reliance.** One of the best ways to overcome dependency is to develop self-reliance. This means learning to do things for yourself and to rely on your own resources.
- **Face your fears.** Another way to overcome dependency is to face your fears. This does not mean that you have to do something that you are terrified of, but it does mean that you should take small steps towards facing your fears.
- **Practice self-compassion.** When you are feeling dependent, it is important to be kind to yourself. Remember that everyone experiences dependency from time to time. Do not judge yourself for feeling dependent. Instead, be patient with yourself and offer yourself compassion.

Overcoming dependency takes time and practice. But with regular practice, you can learn to let go of your dependency and live a more independent and fulfilling life.

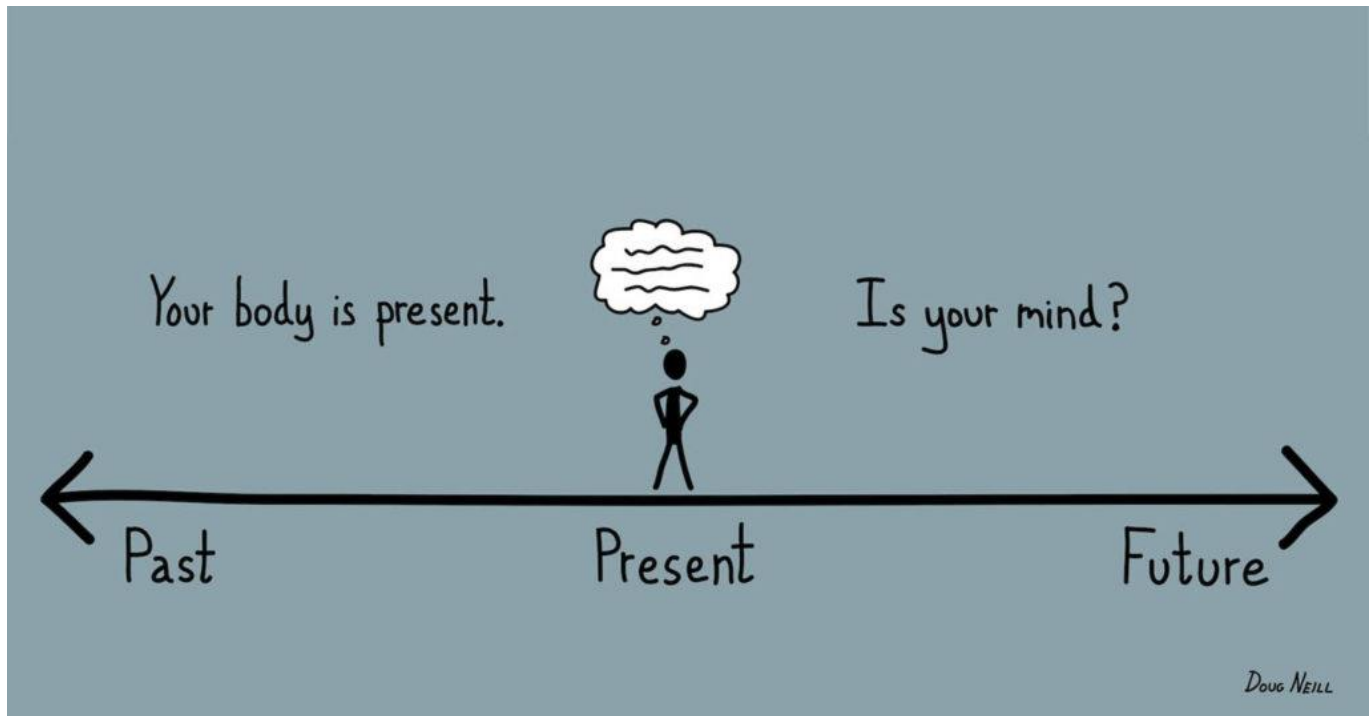
Here are some additional tips for overcoming dependency within mindfulness:

- **Practice compassion for yourself.** When you notice that you are being dependent, take a moment to practice compassion for yourself. Remind yourself that everyone experiences dependency from time to time.
- **Connect with others.** One of the best ways to overcome dependency is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Focus on the present moment.** One of the hallmarks of dependency is dwelling on the past or worrying about the future. When you find yourself doing this, gently bring your attention back to the present moment. Notice the sights, sounds, smells, and sensations around you. Focus on your breath and on the feeling of your body in your seat.
- **Be patient with yourself.** Overcoming dependency takes time and practice. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome dependency and to live a more balanced and fulfilling life. If you are struggling with dependency, I encourage you to find a mindfulness practice that works for you and to commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.



## How to Overcome Isolation within Mindfulness



Isolation is a common human experience that can be caused by a variety of factors, such as loneliness, social anxiety, or mental health conditions. While isolation can be a temporary coping mechanism, it can become a major obstacle to mental and physical health in the long term.

Mindfulness is a powerful tool that can help us to overcome isolation. Mindfulness is the practice of paying attention to the present moment without judgment. When we practice mindfulness, we become aware of our thoughts and feelings without getting caught up in them. This allows us to see our isolation for what it is: a way of coping with difficult emotions.

When we are mindful of our isolation, we can start to see it more objectively. We can see that our isolation is often based on fear or anxiety. We can also see that our isolation is often self-defeating. We may use isolation to avoid feeling pain, but this only makes the pain worse in the long run.

Once we have seen our isolation more objectively, we can start to let it go. We can do this by connecting with others, facing our fears, and practicing self-compassion.

### Here are some tips for overcoming isolation within mindfulness:

- **Practice mindfulness meditation.** Mindfulness meditation is a great way to develop the skills of mindfulness. When you meditate, you focus your attention on your breath and on the present moment. This helps you to become more aware of your thoughts and feelings without getting caught up in them.
- **Pay attention to your thoughts and feelings.** When you are feeling isolated, take a moment to pause and pay attention to your thoughts and feelings. What are you thinking? How are you feeling?
- **See your isolation for what it is.** Remember that your isolation is just a thought, not a fact. It is based on your own interpretation of the situation.
- **Challenge your thoughts.** Are your thoughts about your isolation realistic? Are they based on facts or on assumptions?



## 2024 Self-Care Planner

- **Connect with others.** One of the best ways to overcome isolation is to connect with others. Spend time with friends and family, volunteer your time, or join a club or group. When you connect with others, you are reminded that you are not alone and that you are loved.
- **Face your fears.** Another way to overcome isolation is to face your fears. This does not mean that you have to do something that you are terrified of, but it does mean that you should take small steps towards facing your fears.
- **Practice self-compassion.** When you are feeling isolated, it is important to be kind to yourself.



Remember that everyone experiences isolation from time to time. Do not judge yourself for feeling isolated. Instead, be patient with yourself and offer yourself compassion.

Overcoming isolation takes time and practice. But with regular practice, you can learn to let go of your isolation and live a more connected and fulfilling life.

**Here are some additional tips for overcoming isolation within mindfulness:**

- **Practice compassion for yourself.** When you notice that you are isolating yourself, take a moment to practice compassion for yourself. Remind yourself that everyone experiences isolation from time to time. Do not judge yourself for isolating yourself. Instead, be patient with yourself and offer yourself compassion.
- **Connect with nature.** Spending time in nature is a great way to connect with others and to feel less isolated. Go for a walk in the park, hike in the woods, or sit by the ocean.
- **Get involved in your community.** Volunteer your time at a local soup kitchen, homeless shelter, or animal shelter. Getting involved in your community is a great way to connect with others and to feel less isolated.
- **Join a club or group.** Joining a club or group is a great way to meet new people and to make friends. There are clubs and groups for just about everything, so you are sure to find one that interests you.
- **Be patient with yourself.** Overcoming isolation takes time and practice. Do not get discouraged if you do not see results immediately. Just keep practicing and you will eventually start to see a difference.

Mindfulness is a powerful tool that can help us to overcome isolation and to live a more connected and fulfilling life. If you are struggling with isolation, I encourage you to find a mindfulness practice that works for you and commit to practicing it regularly. With regular practice, you will start to see a difference in your thoughts, feelings, and behaviors.

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## Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.



Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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## Research

Here are 4 academic & scientific articles on why self-care is vital to mindfulness:

- [“Mindfulness and Self-Care: A Review of the Literature” by Christopher Germer, Ph.D. and Kristin Neff, Ph.D.](#) This article provides a comprehensive overview of the research on mindfulness and self-care. It discusses the benefits of mindfulness for physical and mental health, as well as how mindfulness can be used to promote self-care. [Another Link](#)
- [“The Power of Self-Care: How to Take Care of Yourself and Thrive” by Emily Nagoski, PhD.](#) This book provides a practical guide to self-care. It covers a wide range of topics, including physical health, emotional health, and spiritual health.
- [“The Mindful Path to Self-Compassion” by Christopher Germer, PhD and Kristin Neff, PhD.](#) This book teaches the skills of mindfulness and self-compassion. It provides exercises and worksheets that can be used to develop these skills.
- [“The Science of Mindfulness: A Research-Based Guide to Cultivating Peace, Joy, and Well-Being” by Jon Kabat-Zinn, PhD.](#) This book provides an overview of the research on mindfulness. It discusses the benefits of mindfulness for physical and mental health, as well as the ways in which mindfulness can be used to promote self-care.

These are just a few of the many resources available on the topic of mindfulness and self-care. If you are interested in learning more, I encourage you to explore these resources and to find what works best for you.

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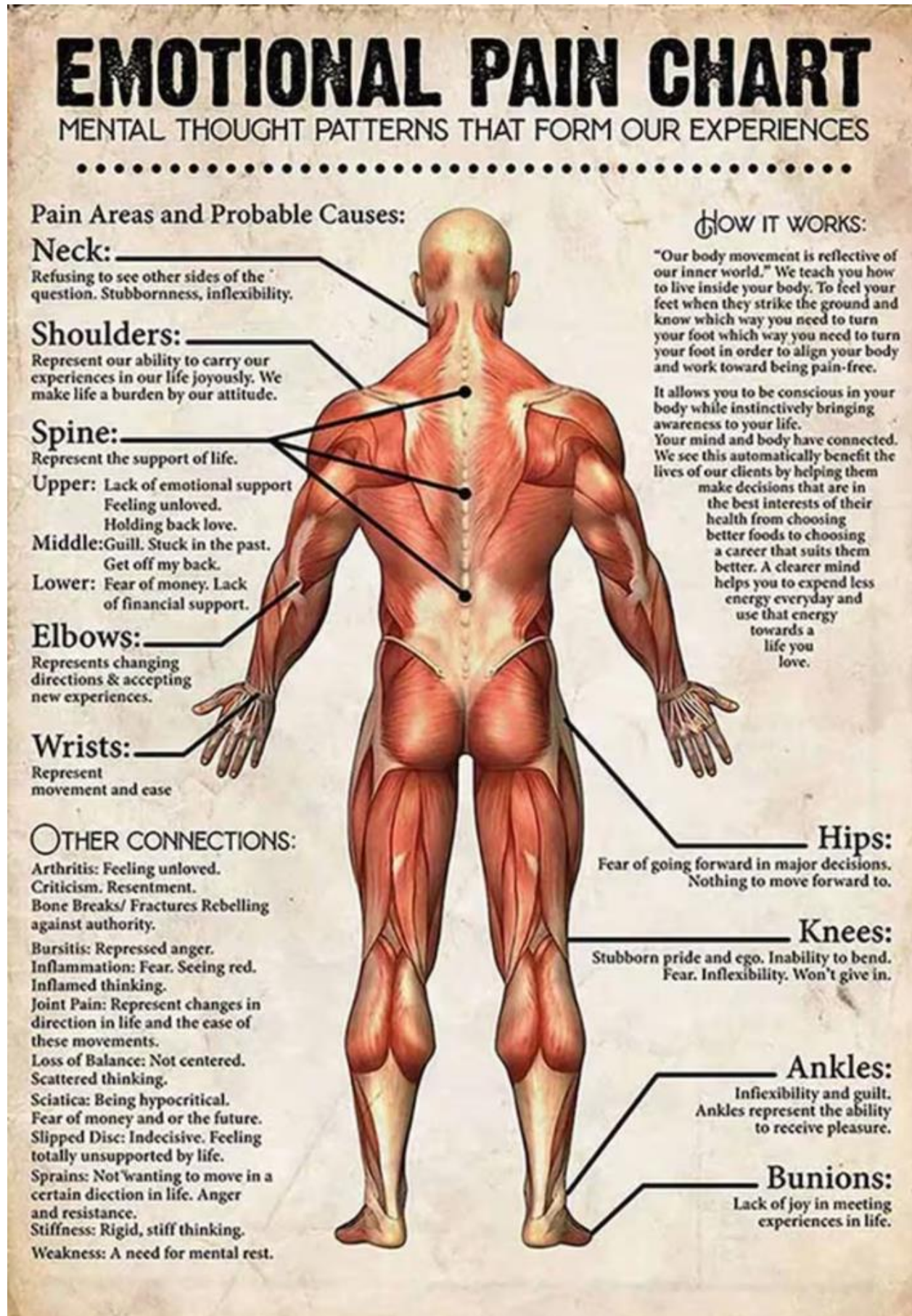
## Resources

<https://positivepsychology.com/mindful-self-compassion/>

- [PTSD resources](#)
- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>







# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

## HEALTH SELF-CARE

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## FITNESS SELF -CARE

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## NOTES TO SELF

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## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Ideas

**BASIC**

**PHYSICAL**

**EMOTIONAL**

**SPIRITUAL**

**NOTES**

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# Self Care Intention

**PHYSICAL SELF CARE**

**EMOTIONAL SELF CARE**

**SPIRITUAL SELF CARE**

**INTELLECTUAL SELF CARE**

**SOCIAL SELF CARE**

**ENVIRONMENT SELF CARE**

**NOTE**



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Habit Tracker

Habit	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
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Evening Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Pampering Checklist

## Plan Your Pampering Checklist

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# Gratitude Tracker

**PEOPLE**

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**PLACES**

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**THINGS**

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**EXPERIENCES**

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# Wellness Goals

## MIND GOALS

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## BODY GOALS

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## OTHER GOALS

<input type="radio"/>	
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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## To Do List

[illegible]



# Notes

[illegible]



# Goal Planner

GOAL	STEPS	DEADLINE
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		<input type="radio"/>
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GOAL	STEPS	DEADLINE
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GOAL	STEPS	DEADLINE
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## MEASURABLE WAYS TO ACHIEVE YOUR GOAL

[illegible]



# Medication Tracker

[illegible]



# February

## 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

### Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

NOTES & REMINDER



# Weekly Planner

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

**ACTS OF SELF CARE**

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**AFFIRMATION**



**I AM GRATEFUL FOR..**



Ideas	Action
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



Self-care is not selfish. It's essential for your well-being and the well-being of those around you

Self-care and reality with mindfulness:

- Self-care is not selfish. It's essential for your well-being and the well-being of those around you.
- Mindfulness is the practice of paying attention to the present moment without judgment. It can help you reduce stress, improve your mood, and make better decisions.
  - Reality can be challenging, but it's important to face it with courage and compassion. Mindfulness can help you do that.



On my website, I have this as my little biography.

Deva Hardeep Singh (he/him; [neurodivergent](#), [gay](#), [ability injured](#), [post-traumatic stress injury](#), [borderline personality injury](#)) is an Oklahoman, a [Yuchi Indian](#), enrolled in the [Muscogee Nation](#), and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative

assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX Series Reservation Dogs](#), as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

This also assists in maintaining my focus on my lane as it relates to me teaching yoga, meditation, mindfulness. I also put links so folks who are curious what they mean for educational purposes.

The positive words we use to describe ourselves, such as "good," "smart," and "worthy," can actually be harmful if they are used to mask our pain and trauma. These words can create a false sense of security that prevents us from facing our true selves and healing. We can feed our dysfunctions in a loving way by attending 12-step meetings, seeking behavioral health counseling, practicing meditation, mindfulness, and yoga.

Here is a more detailed explanation of each of the mentioned methods:

- **12-step meetings:** 12-step meetings are a type of support group that can be helpful for people struggling with addiction, mental illness, or other challenges. These groups provide a safe space for people to share their experiences and connect with others who understand what they are going through.
- **Behavioral health counseling:** Behavioral health counseling is a type of therapy that can help people understand and manage their thoughts, feelings, and behaviors. This type of counseling can be helpful for people struggling with a variety of issues, including addiction, depression, anxiety, and trauma.
- **Meditation:** Meditation is a practice that involves focusing your attention on the present moment. This can be done through a variety of techniques, such as focusing on your breath, on a mantra, or on a body scan. Meditation can help reduce stress, improve your mood, and increase your self-awareness.
- **Mindfulness:** Mindfulness is a type of awareness that involves paying attention to the present moment without judgment. This can be done through a variety of techniques, such as meditation, yoga, or simply taking a few moments each day to focus on your breath. Mindfulness can help reduce stress, improve your mood, and increase your self-compassion.



### Dharma Seeds Yoga Press ~ Deva Hardeep Singh

- **Yoga:** Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. Yoga can help improve your physical health, mental health, and emotional well-being.

I hope this is helpful! I've gained substantial emotional growth through 12-step programs. I now see my mindfulness, meditation, and yoga, as my 12-step tool belt so to speak.

From my teenage years to my early thirties, I used alcohol and drugs to cope with my fear of social situations. I withdrew from others and isolated myself. I now know that I was using these substances to self-medicate for my dysfunctional interpersonal skills.

I now understand that I need to incorporate social interaction and healthy relationships into my self-care routine. These things help me to feel connected and supported, which is essential for my mental and emotional well-being. Without them, I would feel lost and alone.

I also know that I am not alone in this experience. Many people struggle with social anxiety and isolation. There are resources available to help people overcome these challenges.

If you are struggling with social anxiety or isolation, please know that you are not alone. There is help available. Please reach out to a mental health professional or a support group. You can also find helpful information online.

I am proof that the cycle of trauma can be broken. With the right support, you can overcome your challenges and live a fulfilling life.

Here are some tips for incorporating social interaction and healthy relationships into your self-care routine:

- **Spend time with loved ones:** Make time for the people who matter most to you. This could mean going out for coffee with a friend, spending time with family, or calling a loved one to catch up.
- **Join a support group:** There are many support groups available for people with social anxiety and isolation. These groups can provide a safe space to connect with others who understand what you are going through.
- **Seek professional help:** If you are struggling to cope with social anxiety or isolation, please consider seeking professional help. A therapist can help you to develop coping mechanisms and strategies for dealing with your challenges.

**Remember, you are not alone. There is help available. Please reach out for support.**

There are many medical and intervention practices that can be helpful, in addition to yoga. I have personally practiced yoga for over 30 years, and I have found that it has helped me to find peace and compassion. Yoga has helped me to slow down my thoughts and to focus on the present moment. This has made my daily life more contemplative and less manic.

[Link to article](#)



I was so afraid of being seen as weak and vulnerable that I tried to control everything in my life. I thought that if I could control my image and my situation, I would never have to face my true self, the part of me that was hurting, crying, and disoriented. However, psychology tells us that there is a lower self and a higher self. The lower self is the part of us that is driven by fear and ego. The higher self is the part of us that is connected to love and compassion. When we try to



control everything in our lives, we are living from the lower self. When we allow ourselves to be vulnerable and open to the world, we are living from the higher self.

**The Lower Self:** The animal-like creature which is deeply rooted in our system. Its main goal is to survive and feel good. **The Higher Self:** The evolved creature.

अहिंसा  
(a-hiM-sA)

Harmlessness, abstaining from  
killing or giving pain to others  
in thought, word, or deed

As a writer and poet, I am careful with my words. The word "yogi" has a specific meaning, but it can also be used more broadly to describe someone who is committed to self-growth and spiritual development through yoga. In this sense, the Higher Self can be seen as a yogi. Our minds may want to make the word "yogi" more exclusive, but it simply refers to anyone who is willing to do the work of personal transformation.

In trauma-informed mindfulness work, teachers often avoid leading others down a specific path. Instead, they prefer to teach foundational yogic lessons through the lens of compassion, openness, and safety. This is because the journey of personal transformation is always unique to the individual. *Teachers are fellow practitioners who can help you connect with your own self-awareness. Ultimately, it is up to you to decide how you will work with what you learn.*

## Ahimsa

Let us begin our journey into the personal ethics offered in the eight-fold path known as The Yamas. Ahimsa, also called non-harm/non-violence, is the deepest foundational root of a healing-centered yoga practice. **Ahimsa offers to us that, along with our commitment to ourselves and the embarking of this yoga journey, we bring our awareness and intention to reduce any further harm brought into our lives and the lives of others.** We commit to being of service, personally and communally, to support personal and collective healing. This commitment sounds easy and impossible simultaneously, especially as we explore how deep these roots travel.

### [Prison Yoga 200hr CYT Training Manual](#)

When dealing with mindfulness, it is important to apply self-care to ourselves first. This means taking care of our physical, mental, and emotional needs. We can do this by eating healthy foods, getting enough sleep, exercising regularly, and spending time doing activities that we enjoy.

Self-care is important because it helps us to be more present and mindful. When we are taking care of ourselves, we are less likely to be stressed or anxious. This makes it easier for us to focus on the present moment and to be aware of our thoughts, feelings, and bodily sensations.

I do not see myself as a leader or a guru. I am simply a messenger, a vessel for a message that is over 5,000 years old. Trauma can take many forms, and teaching should not be a source of additional trauma. Instead, teachers should choose their words, actions, and presence mindfully, with consideration for how others might receive them.



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

I am not perfect. I have struggles in my life, just like everyone else. I used to strive for perfection, but I have learned that it is an unrealistic goal. Instead, I focus on doing what I can to keep my mind at peace. I do this through yoga, meditation, mindfulness, workshops, retreats, and behavioral health counseling.

I find it more loving and compassionate to embrace Eastern healing practices than to use drugs, alcohol, or isolation. These practices have helped me to connect with my inner wisdom and to heal from my past traumas. They have also helped me to develop healthy coping mechanisms for dealing with stress and difficult emotions.

As a result of these practices, my energy levels and chakras are flowing as they were intended. I am more present and mindful in my daily life. I am also more connected to my loved ones and to the world around me.

I am grateful for the opportunity to share my story with you. I hope that it will inspire you to find your own path to healing and peace.

Here are some additional tips for dealing with struggles in your life:

- **Talk to someone you trust:** Talking to a friend, family member, therapist, or other trusted person can help you to process your emotions and to develop coping mechanisms.
- **Take care of yourself:** Make sure to get enough sleep, eat healthy foods, and exercise regularly. Taking care of your physical health will help you to better manage your emotional health.
- **Find a healthy outlet for your emotions:** This could be anything from journaling to yoga to spending time in nature. Finding a healthy way to express your emotions will help you to feel better and to cope with stress.
- **Remember that you are not alone:** There are many people who struggle with challenges in their lives. There is help available, and you do not have to go through this alone.

### How and why to use mindfulness for self-care:

**Mindfulness is the practice of paying attention to the present moment, without judgment.** It is a way of being aware of your thoughts, feelings, and bodily sensations without getting caught up in them. Mindfulness can be practiced in many different ways, including meditation, yoga, and simply taking a few moments each day to focus on your breath.

There are many benefits to practicing mindfulness, including:

- **Reduced stress and anxiety:** Mindfulness can help you to relax and let go of stress and anxiety. When you are mindful, you are able to observe your thoughts and feelings without getting caught up in them. This can help you to see that your thoughts and feelings are not permanent, and that they do not define you.
- **Improved focus and concentration:** Mindfulness can help you to improve your focus and concentration. When you are mindful, you are able to direct your attention to the present moment without getting distracted by thoughts of the past or the future. This can help you to be more productive and to learn new things more easily.
- **Increased self-awareness:** Mindfulness can help you to increase your self-awareness. When you are mindful, you are able to observe your thoughts, feelings, and bodily sensations without judgment. This can help you to understand yourself better and to make more mindful choices.
- **Improved relationships:** Mindfulness can help you to improve your relationships. When you are mindful, you are able to listen to others without judgment and to communicate more effectively. This can help you to build stronger relationships with your loved ones.



## 2024 Self-Care Planner

Mindfulness is a powerful tool that can be used for self-care. If you are looking for ways to reduce stress, improve your focus, increase your self-awareness, or improve your relationships, then mindfulness is a great place to start.

Here are some tips for using mindfulness for self-care:

- Find a quiet place where you will not be disturbed.
- Sit comfortably, either on a chair or on the floor.
- Close your eyes and take a few deep breaths.
- Pay attention to your breath as you inhale and exhale.
- Notice any thoughts or feelings that come up, without judgment.
- If your mind wanders, gently bring it back to your breath.
- Continue for 5-10 minutes.

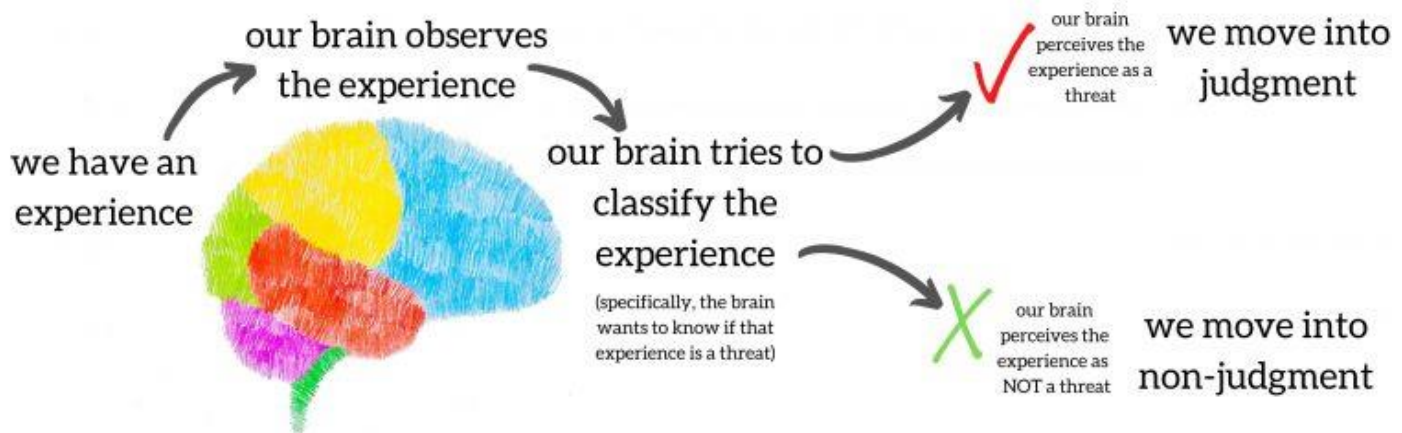
You can practice mindfulness at any time, but it is especially helpful to practice when you are feeling stressed, anxious, or overwhelmed. Mindfulness can help you to calm down, relax, and to gain a new perspective on your situation.

If you are new to mindfulness, it may be helpful to work with a qualified mindfulness teacher or therapist. They can help you to learn the basics of mindfulness and to develop a regular mindfulness practice.

Mindfulness is a powerful tool that can be used to improve your mental, emotional, and physical health. If you are looking for ways to improve your self-care, then mindfulness is a great place to start.

**How to practice non-judgment with yourself as it relates to practicing mindfulness:**

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of being aware of your thoughts, feelings, and bodily sensations without getting caught up in them. Mindfulness can be practiced in many different ways, including meditation, yoga, and simply taking a few moments each day to focus on your breath.



Non-judgment is an important aspect of mindfulness. When we judge ourselves, we create a sense of separation between ourselves and our thoughts, feelings, and bodily sensations. This can lead to feelings of shame, guilt, and anxiety. When we practice non-judgment, we accept ourselves as we are, without trying



to change or control our thoughts, feelings, or bodily sensations. This can lead to feelings of peace, acceptance, and compassion.

**Here are some tips for practicing non-judgment with yourself:**

- **Notice when you are judging yourself.** The first step to practicing non-judgment is to become aware of when you are judging yourself. When you notice that you are judging yourself, simply observe the judgment without getting caught up in it.
- **Label your judgments.** Once you have become aware of your judgments, label them as "judgments." This can help you to see that your judgments are just thoughts, and that they do not define you.
- **Let go of your judgments.** Once you have labeled your judgments, you can choose to let them go. This does not mean that you have to agree with your thoughts or feelings, but it does mean that you do not have to hold onto them.
- **Be kind to yourself.** When you practice non-judgment, you are practicing kindness towards yourself. This means accepting yourself as you are, without trying to change or control your thoughts, feelings, or bodily sensations.

Practicing non-judgment is a skill that takes time and practice to develop. However, the more you practice, the easier it will become. When you practice non-judgment, you can begin to experience the benefits of mindfulness, such as reduced stress, anxiety, and depression, as well as increased self-awareness, compassion, and peace.

**Here are some additional tips for practicing non-judgment with yourself:**

- **Focus on your breath.** When you are feeling judged, take a few deep breaths and focus on your breath. This can help you to calm down and to bring your attention back to the present moment.
- **Be gentle with yourself.** Remember that you are human and that everyone makes mistakes. Be kind to yourself and forgive yourself for your mistakes.
- **Seek support.** If you are struggling to practice non-judgment on your own, consider seeking support from a therapist or mindfulness teacher. They can help you to develop a practice that works for you.

**Practicing non-judgment is a journey, not a destination.** There will be times when you slip up and judge yourself. However, the more you practice, the easier it will become to let go of judgment and to accept yourself as you are.

I wanted to share my personal issues I face as it relates to practicing yoga, mindfulness, and meditation.. It takes courage to be open and vulnerable, and I am honored that you have chosen to do so with me. I understand that you are struggling with a lot right now, and I want to assure you that you are not alone. Many people experience similar challenges, and there is help available.

Mindfulness is a powerful tool that can help you to cope with your personal issues. Mindfulness is the practice of paying attention to the present moment, without judgment. It can help you to become more aware of your thoughts, feelings, and bodily sensations, and to respond to them in a more mindful way.

There are many different ways to practice mindfulness. You can start by simply taking a few minutes each day to focus on your breath. As you breathe in, say to yourself, "I am breathing in." As you breathe out, say to yourself, "I am breathing out." You can also practice mindfulness by paying attention to your surroundings. Notice the sights, sounds, smells, tastes, and textures around you. Simply observe them without judgment.

Mindfulness can be a helpful tool for dealing with a variety of personal issues. It can help you to reduce stress, anxiety, and depression. It can also help you to improve your relationships, increase your self-awareness, and make more mindful choices.





[Link to Article](#)

If you are interested in learning more about mindfulness, there are many resources available. You can find books, articles, websites, and even mindfulness apps. You can also find mindfulness classes and workshops in your community.

I encourage you to explore mindfulness and see if it is a helpful tool for you. It may not be the answer to all of your problems, but it can be a valuable addition to your coping toolkit.

**Here are some additional tips for using mindfulness to cope with personal issues:**

- **Be patient.** It takes time and practice to develop a mindfulness practice. Don't get discouraged if you don't see results right away.
- **Be kind to yourself.** Mindfulness is about accepting yourself as you are, without judgment. Be patient with yourself as you learn to practice mindfulness.
- **Find a support system.** Talking to someone about your struggles can be helpful. Find a friend, family member, therapist, or support group that you can talk to about your experiences.
- **Don't give up.** Coping with personal issues can be challenging, but it is important to remember that you are not alone. There is help available, and you can get through this.

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## Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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## Yoga

### 4 Hatha yoga asanas that promote self-care with mindfulness:

- **Child's pose (Balasana):** This pose is a great way to relax and release tension in the body. To do child's pose, start on your hands and knees. Then, slowly bring your hips back towards your heels and rest your forehead on the ground. You can keep your arms extended in front of you or rest them by your sides. [Gaia](#) Child's pose (Balasana) yoga asana





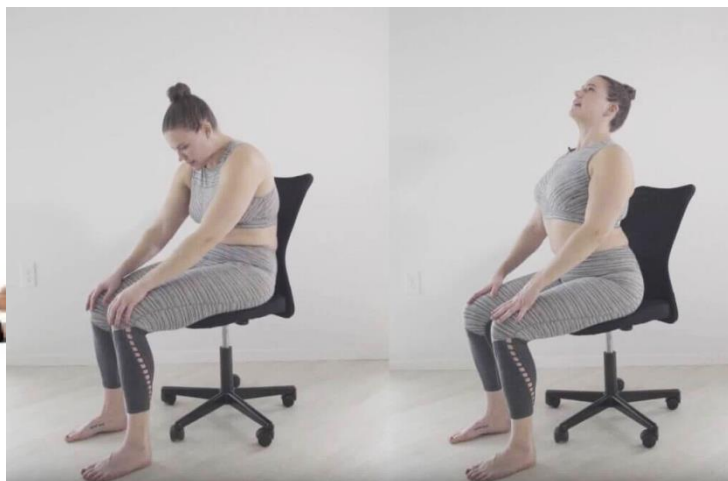
<https://youtu.be/b6ShzRG-g4k>

#### Variation

- **Cat-cow pose (Marjaryasana and Bitilasana):** This pose is a great way to stretch the spine and improve flexibility. To do cat-cow pose, start on your hands and knees. Then, as you inhale, arch your back like a cat and look up. As you exhale, round your back like a cow and tuck your chin towards your chest. [Yogajala](#) Cat-cow pose (Marjaryasana



and Bitilasana) yoga asana



#### Variation

- **Downward-facing dog (Adho Mukha Svanasana):** This pose is a great way to strengthen the back and legs. To do downward-facing dog, start on your hands and knees. Then, step your feet back so that your body forms an inverted V shape. Keep your arms straight and your spine long. [Verywell Fit](#) Downward-facing dog (Adho Mukha Svanasana) yoga asana





<https://youtu.be/JNnGYeQaDGA>

Variation

- **Corpse pose (Savasana):** This pose is a great way to relax and de-stress the mind and body. To do corpse pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax your entire body. You can focus on your breath or simply allow your mind to wander. [Opens in a new windowVerywell Fit](#) Corpse pose (Savasana) yoga asana



### Variations



When practicing these asanas, it is important to focus on your breath and to be mindful of your body.

Notice any areas of tension and try to relax them. If your mind wanders, gently bring it back to your breath. With regular practice, you will begin to experience the benefits of yoga, such as reduced stress, improved flexibility, and a greater sense of peace and well-being.

## Research

3 academic & scientific articles on why one should practice self-care first on themselves with mindfulness:

1. [The Benefits of Mindfulness-Based Self-Compassion for Mental Health](#)

This article, published in the journal *Clinical Psychology Review*, discusses the benefits of mindfulness-based self-compassion (MBSC) for mental health. MBSC is a type of mindfulness meditation that focuses on



cultivating compassion for oneself. The authors of the article found that MBSC can be effective in reducing symptoms of anxiety, depression, and stress.

## 2. [Mindfulness and Self-Care: A Review of the Literature](#)

This article, published in the journal *Mindfulness*, reviews the literature on the relationship between mindfulness and self-care. The authors of the article found that mindfulness can be helpful in promoting self-care behaviors such as exercise, sleep, and healthy eating. Mindfulness can also help people to cope with stress and difficult emotions.

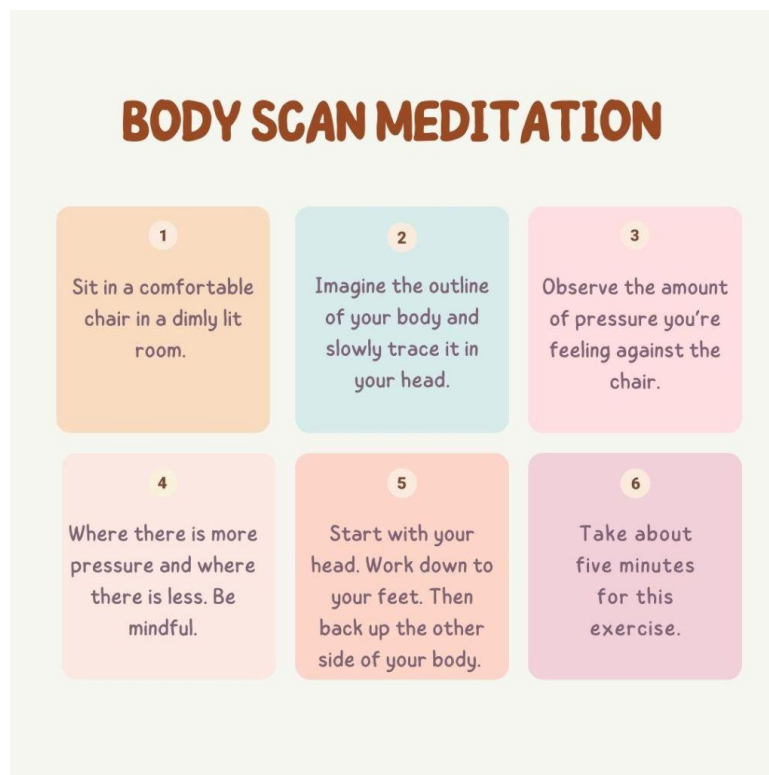
## 3. [The Power of Self-Care: How Mindfulness Can Help You Thrive](#)

This article, published in the Harvard Business Review, discusses the importance of self-care and how mindfulness can help people to thrive. The author of the article argues that mindfulness can help people to be more present, aware, and accepting of themselves. This can lead to a number of benefits, including reduced stress, improved sleep, and increased happiness.

These are just a few examples of the many academic & scientific articles that have been published on the benefits of mindfulness-based self-care. If you are interested in learning more about this topic, I encourage you to do some research and find resources that are right for you.

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## Resources



- [PTSD resources](#)
- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>



# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES






- ☐
- ☐
- ☐

HEALTH SELF-CARE

FITNESS SELF -CARE

NOTES TO SELF

MY SCHEDULE

MY MOOD TODAY
    



# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Habit Tracker

Habit	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Evening Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Gratitude Tracker

## PEOPLE

<input type="radio"/>	
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## PLACES

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## THINGS

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## EXPERIENCES

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Notes

[illegible]



# Medication Tracker

[illegible]



*March*  
2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Notes & Reminder



# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY

85



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES



# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

## ACTS OF SELF CARE

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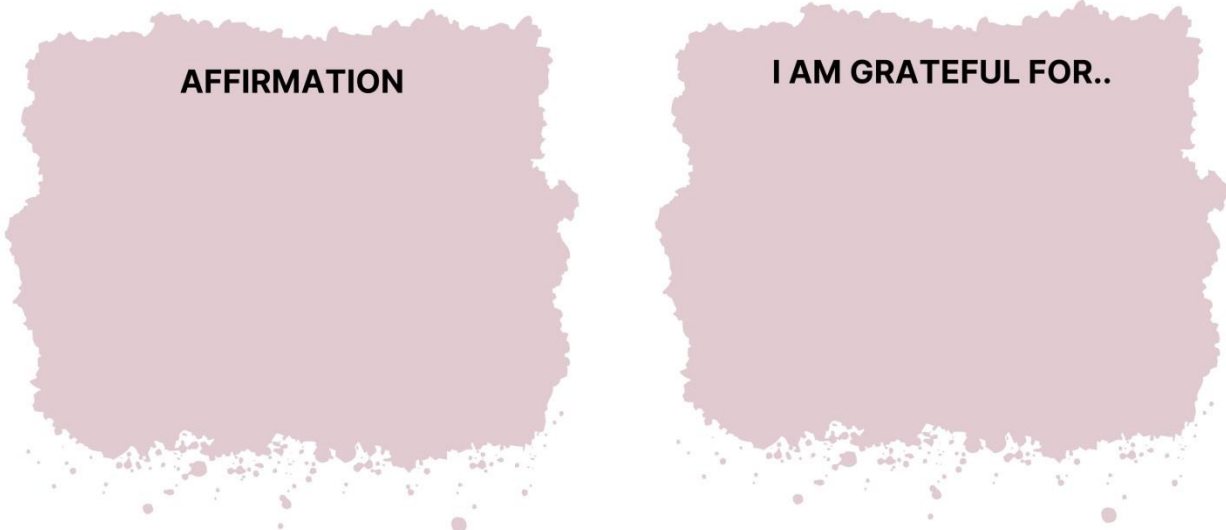
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**AFFIRMATION**

**I AM GRATEFUL FOR..**



**Ideas**

**Action**

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## Mindful presence: The mystery of being fully alive.

I held my breath as the old wooden door creaked open. The hinges were rusty and groaned in protest, but I was careful not to make a sound. I didn't want to wake anyone up.



I had been sneaking into my grandfather's study for weeks now, ever since I found the old notebook. It was hidden in the back of a drawer, and it was filled with strange symbols and drawings. I didn't know what it meant, but I was determined to find out.

Tonight, I was finally going to take it. I had planned this for days, and I was ready. I had a flashlight and a backpack, and I had memorized the layout of the study. I knew exactly where the notebook was, and I knew how to get out without being seen.

I slipped into the study and closed the door behind me. The room was dark, but I could see the faint outline of the notebook on the desk. I crept over to it and picked it up. It was heavier than I expected, and it felt like it was filled with something important.

I opened the notebook and began to read. The writing was strange and difficult to understand, but I could tell that it was important. It was full of spells and incantations, and it seemed to be a guide to some kind of magic.

As a child, I had a vivid imagination. I loved to create stories and scenarios in my head. I was also fascinated by mysteries and magic. I would often daydream about finding a secret magical book that would transport me to another world.

Even though these things never happened, I never stopped being imaginative and inquisitive. I always believed that anything was possible, and I was always looking for new ways to learn and explore.

I think my childhood imagination has shaped me into the person I am today. I am a creative and curious person, and I am always looking for new challenges and experiences. I am grateful for the gift of imagination, and I know that it will continue to serve me well throughout my life.

Talking about self-care can trigger an emotional shutdown for me. It's a leftover from my childhood trauma, when I wasn't allowed to make up my own mind. I would freeze when asked a question, feeling like I had no control over my life.





## 2024 Self-Care Planner



I've learned in mindfulness that it's important to acknowledge and accept these feelings, rather than trying to push them away. As Thich Nhat Hahn teaches, we can do this by holding the feeling in our hands (imaginatively, or by cupping our hands in our lap). We can speak to the feeling gently, compassionately, and lovingly. We can name it and honor its feelings.

After a minute or so of holding the feeling, we can let it go. We can tell it that we have other things to do right now, but that we will come back to it later. We can also tell it that it is welcome to visit us again anytime.

This practice can help us to process our emotions in a healthy way. It can also help us to feel more in control of our lives.

Here are some additional tips for practicing self-care when you have experienced trauma:

- **Start small.** Don't try to do too much too soon. Start with small, manageable activities, such as taking a bath, reading a book, or going for a walk.
- **Be kind to yourself.** It's important to be patient and understanding with yourself as you learn to practice self-care. Don't beat yourself up if you slip up or don't feel like doing something. Just pick yourself up and try again.
- **Find what works for you.** There is no one-size-fits-all approach to self-care. What works for one person may not work for another. Experiment with different activities and find what helps you to relax, de-stress, and feel good.



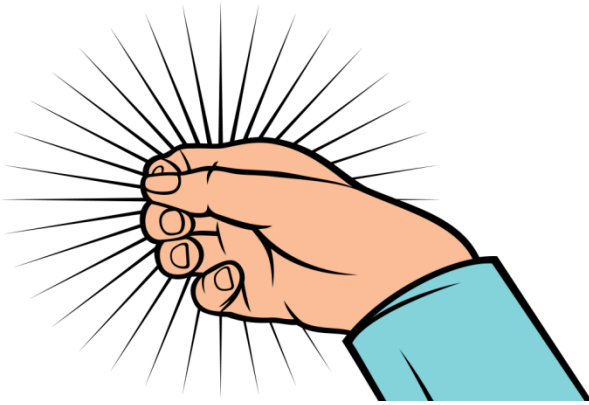
Self-care is about opening the hidden doors to our soul. This new year is an opportunity to come out of our cocoon and step into a brand new, mindful world. By practicing self-care, we can:

- **Improve our physical health:** Eating healthy foods, getting enough sleep, and exercising regularly can help us to feel better physically and mentally.
- **Reduce stress:** Stress can take a toll on our physical and mental health. Self-care practices such as meditation, yoga, and spending time in nature can help us to reduce stress and improve our overall well-being.
- **Improve our relationships:** When we take care of ourselves, we are better able to take care of others. Self-care can help us to be more patient, understanding, and compassionate towards others.
- **Increase our happiness:** Self-care can help us to increase our happiness and fulfillment in life. When we take care of ourselves, we are better able to focus on what is important to us and to live a life that is true to ourselves.



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

The new year is a time for new beginnings. By making self-care a priority, we can open the hidden doors to our soul and step into a brand new, mindful world.



### Here are 3 fun ways to connect to your happiness

1. **Say hello to yourself in the mirror:** Do a body scan, how do you feel? Do sense any blocked chakras? Do you see yourself as one who deserves love, compassion, and empathy? You should it's your birthright.
2. **When you look at your life, exactly as it is,** can you appreciate every experience? Every experience can be interesting when you seek happiness in that experience.
3. **When you take care of yourself and others,** notice how you can find happiness in those moments. Self-care **MUST** begin first with yourself. You deserve that.

As a neurodivergent person, I have always been drawn to the magical and mystical. I believe that there is magic in the everyday, and that it is up to us to find it. The mystery moments in life are gifts from our Creator, and it is our responsibility to find meaning in them.

### Here are some examples of how we can find magic and mystery in the everyday:

- **The beauty of nature:** A sunset, a flower, a bird song - these are all examples of the beauty that surrounds us. When we take the time to appreciate these things, we can find magic in the ordinary.
- **The kindness of strangers:** A smile, a helping hand, a kind word - these are all examples of the kindness that exists in the world. When we experience these things, we can feel a sense of connection to something larger than ourselves.
- **The power of music:** Music has the ability to transport us to another place, to make us feel happy, sad, or anything in between. When we listen to music, we can experience the magic of the human spirit.
- **The wonder of learning:** Learning new things can open up new worlds to us. It can help us to see the world in a new way, and to appreciate the beauty and complexity of life.

When we open ourselves up to the magic and mystery of the world, we can find a sense of wonder and awe. We can connect with something larger than ourselves, and we can find meaning in our lives.

e are now ready to embrace our suffering with love, compassion, and non-judgment. Only then can true self-care begin.

### Here are some tips for embracing suffering with love, compassion, and non-judgment:

- **Acknowledge your suffering.** The first step to embracing suffering is to acknowledge it. This means accepting that you are in pain, and that it is okay to feel pain.
- **Allow yourself to feel your emotions.** When you are in pain, it is important to allow yourself to feel your emotions. This means not trying to suppress your feelings, or to pretend that you are not in pain.
- **Be kind to yourself.** When you are in pain, it is important to be kind to yourself. This means talking to yourself in a gentle and compassionate way.
- **Seek support.** If you are struggling to cope with your suffering, it is important to seek support from a trusted friend, family member, or therapist.



## 2024 Self-Care Planner

When we can embrace our suffering with love, compassion, and non-judgment, we can begin to heal. We can learn to accept our pain, and to find strength and resilience in the face of adversity. We can also begin to move forward in our lives, with a greater sense of peace and well-being.



As summer approaches, let us invite ourselves to embrace and savor the present moment in nature. There is always an abundance of joy and beauty to explore, play, and daydream in.

Here are some ideas for how to embrace and savor the present moment in nature:

Go for a walk or hike: Get outside and enjoy the fresh air and sunshine. Take your time and appreciate the sights, sounds, and smells of nature. Spend time by the water: Go for a swim, take a boat ride, or simply sit by the water and relax. The sound of the water can be very calming and peaceful. Camping: Go camping and spend a night under the stars. This is a great way to connect with nature and to get away from the hustle and bustle of everyday life. Gardening: Get your hands dirty and plant some flowers or vegetables. Gardening is a great way to get exercise, fresh air, and sunshine. It is also a great way to be creative and to connect with nature. Volunteer: Get involved in your community and volunteer for an environmental organization. This is a great way to give back to nature and to

make a difference in the world.

No matter how you choose to spend time in nature, make sure to take the time to slow down and savor the moment. There is no need to rush or to worry about anything. Just relax and enjoy the beauty of nature.

## 5 WAYS TO SAVOR

### When things are good... savor the joy

When things are good, it should be easy to savor them. But it took more effort to savor something I already appreciated than I would have imagined. Joy came in the sudden realization that the body is always in the present, no matter where my thoughts take me, and I can always return to that.

### When it's every kind of bad...savor the resilience

I can glimpse the fact that pain, whether physical or emotional, is something that lets us know we are alive. And as we try to manage it as best we can, we are humbled, we are vulnerable, we seek help. We find a way. We bounce back. And, as we savor the equanimity, we learn to take the good and the bad.

### When it's boring... savor the freedom

As we all keep discovering in meditation, we don't really need to keep ourselves occupied with extra thoughts. It's peaceful to take a break from that. My savoring challenge helped me learn (once again) to savor the freedom from the need to entertain myself every minute of the day.

### When it's unwieldy... savor the laughter

When things go haywire, the same tendency we have with hassles—to indulge in some "why me?" time—can easily take over. But, I'm starting to really appreciate the antidote that a meditation teacher friend of mine told me about: Just say "Why not me?"

### When you're alone... savor the space

In the right doses, being by ourselves can be deeply restorative. It can help us discover a deep reservoir of contentment that does not need to be chased after. That kind of space—a space of awe and wonder and simplicity—is well worth savoring. It may be the most savory treat of all.

### When you're with others... savor the companionship

The sheer joy of a shared laugh. The moments of listening when you need to be heard. The shoulder to cry on. Someone to share ups and downs, without caring which it is. I'm blessed with friends all over the world, people I can connect with within minutes no matter how long it's been. Other human beings...what's not to savor?



DAY 1

CONNECT  
WITH  
PRESENCE

By Sharon Salzberg

If we can practice savoring the present moment when we're sitting in formal meditation, we can also practice while standing in line at the grocery store, sitting anxiously in a doctor's waiting room, or sitting down for a meal in good company. A portable exercise in meditation is focusing on the sensations of the in- and out-breath. If the breath is not a comfortable place for you, choose another object of attention like the sensation of your hands touching your knees.



30 minidat August 2002

IN THE MORNING • 5 MINUTES

## Take One Breath

This variation of breath meditation can be especially supportive if you feel restless or bored. Savor the freedom to simply let your mind be. It doesn't matter how many times your attention wanders or how long you may dwell in distraction. The practice is gently letting go and, with kindness toward yourself, beginning again.

- 1** Sit comfortably and relax. Let your attention settle on the feeling of the breath at the nostrils, chest, or abdomen. As you breathe in make the silent sound "in," and as you breathe out you can count "one."
- 2** If your mind becomes distracted, and you lose touch with the breath—that's OK. You can begin again. Stay connected to the rhythm of the breath with the mental note and the number.
- 3** See if your awareness of the breath can be full and complete. Your attention is wholehearted with "in, five," "in, six," "in, seven," all the way through to ten. Each breath is full and you are in touch with its own—without the counting there to support you.
- 4** When you feel ready, you can move into the rest of your day.

#### ABOUT THE AUTHOR

Sharon Salzberg is a world-renowned meditation teacher and is the New York Times best-selling author of *Real Love* and *Real Happiness*, as well as *Real Change: Mindfulness to Heal Ourselves and the World*.

Submitted 10/10/06; accepted 12/10/06.

IN THE EVENING • 5 MINUTES

## Rest Your Attention

Our habitual tendency is to grasp a thought or a feeling, to build an entire world around it, or push it away and struggle against it. It can be helpful to instead note what is painful, pleasant, or otherwise. Here we stay even, balanced, and calm, as we recognize what arises and bring our attention back, one breath at a time.

- 1 Sit comfortably or lie down. Breathe in to a comfortable position.
- 2 Center your attention on the sensations of the in- and out-breath. In the nostrils, chest, or abdomen. As you feel the sensations of the breath, you can make a mental note of "breath" in the in-breath and then again with the out-breath.
- 3 Bring your attention back to the sensations of the breath. Some of your thoughts or feelings may be tender, caring, cruel, or hurtful, but they're not the breath. You can recognize them, let them go, and bring your attention back to the sensations of the breath.
- 4 When you feel ready, come back to your surroundings.

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DAY 2

**CONNECT  
WITH  
YOURSELF**

**By Sebene Selassie**

Belonging is the sense of ease and joy we can savor when we are truly present. Often we don't feel like we belong because we're caught in feelings of loneliness, anxiety, and doubt. Feelings of not belonging are learned over time and lead us to think that there's something wrong with us, that we're not enough, that we don't belong—but we do. By the very nature of our existence, we belong. Mindfulness helps us remember this by allowing us to experience belonging in any moment.



40 mórduál Ágoston 2022

IN THE MORNING • 5 MINUTES

## Listen to Your Body

Meditation can help us be more present to life, and mindfulness of body and breath help ground that presence. It's only when we're present with each moment that we can savor our experience. You can try grounding yourself throughout the day, feeling the body and using the inquiry, "What's happening in my body right now?"

- 1** Find a comfortable posture. You don't have to do anything special, just make sure that you're relaxed and alert. Lower your gaze and give yourself the opportunity to go inward.
- 2** Bring awareness to the sensations you notice while sitting. It can take some time and practice to feel sensations in the body rather than think about them. Is there a sensation in the body that's particularly strong
- or clamoring for attention? It's OK if you don't notice anything. Just recognize your experience as it is and see if you can bring a sense of curiosity to it. You can ask yourself, "What's happening in my body right now?"
- 3** Whenever is happening, continue this inquiry. Notice the sensations that are present. When the mind starts to wander, gently bring your awareness back to the body. Again, ask yourself, "What's happening in my body right now?"
- 4** Bring the same curiosity to your breath. If the breath is not a comfortable place for you, continue grounding in sensations of the body. Otherwise, take a moment to connect to the natural rhythm of your breath. Notice your belly rising and falling. You can always ask yourself, "What's happening in my body right now?"
- 5** Know that you can come back to the body at any moment, as you come back to the space around you.

IN THE EVENING • 5 MINUTES

# Welcome Open Awareness

Open awareness meditation is often associated with the metaphor of the mind being like an open sky. We can observe thoughts, sensations, sounds, but they simply pass like clouds in the sky, or they can flow like a river—savor the space between you and what drifts past. The sky is not bothered, the river is not changed, everything is carried by the current of awareness.

- 1** Find a comfortable posture. If you like you can gaze down softly at a point in front of you. Allow your body to soften and rest. Feel the connection between your body and the floor or the chair beneath you.
- 2** Bring your awareness to the sensations of being right here, right now. Begin to listen to the play of sounds around you. You can notice sounds that are loud or soft, far or near—just listening. You don't need to name the sound, or follow the sound, just listen in a relaxed and open way. Notice how all sounds arise and vanish as you listen.
- 3** Sense that your awareness is extending to be like the sky—open, clear, vast. Allow your awareness to extend in every direction. Sounds come and go, moving through the sky of your awareness, appearing and disappearing as you rest in this open awareness. You might notice that thoughts and images also arise and vanish. You can let them come and go without resistance or grasping.
- 4** Allow the breath or sensations in the body to move like a breeze in this open sky of awareness. Notice that this awareness is naturally clear and spacious. Allow all sounds, thoughts, and sensations, feeling that spaciousness.
- 5** As you lift your gaze, pause for a moment to reorient to the space around you.

#### ABOUT THE AUTHOR

Selene Selassie received a BA from McGill University and an MA from the New School, where she focused on Buddhism, Hinduism, cultural studies, and race. She is a mindfulness teacher and the author of *You Belong: A Call Connection*. A native of Ethiopia, Selassie lives in Brooklyn, New York.

bioethicists in Canada? / Administrative

meditation

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images from [August 2022 Mindful magazine](#)

## Pre-Caution

While engaging in any yoga activities, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes. <https://dharma-seeds-yoga.wordpress.com/control/>

## Yoga

- **Supported Fish Pose (Matsyasana):** This pose is a great way to open up the chest and heart, which can help to promote feelings of joy and happiness. To do supported fish pose, lie on your back with your knees bent and your feet flat on the floor. Place a bolster under your hips and a block under your head. Relax your arms by your sides, palms facing up. Stay in this pose for 5-10 minutes.



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

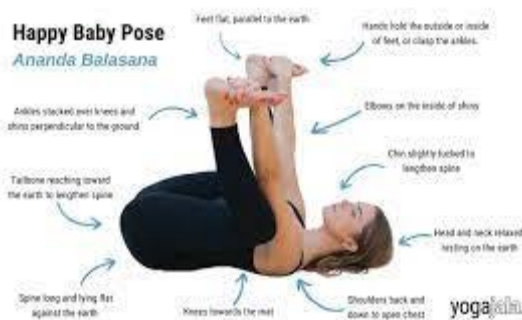


Variation



Another Variation

- Happy Baby Pose (Apanasana):** This pose is a great way to release tension in the lower back and hips, which can help to improve circulation and promote feelings of happiness. To do happy baby pose, lie on your back with your knees bent and your feet flat on the floor. Bring your knees up towards your chest and grab your feet with your hands. Hold your feet and gently rock back and forth for 5-10 minutes.



<https://youtu.be/q3YbzsZqMcs>



## 2024 Self-Care Planner

- **Child's Pose (Balasana):** This pose is a great way to relax the body and mind, which can help to promote feelings of peace and happiness. To do child's pose, kneel on the floor with your knees hip-width apart. Sit back on your heels and fold forward, resting your forehead on the floor. Relax your arms by your sides, palms facing up. Stay in this pose for 5-10 minutes.



Now, onto the video! Here are some modifications for child's pose (balasana) for those of us in larger bodies or folks that have trouble resting weight on their knees.

[https://player.vimeo.com/video/203215047?dnt=1&app\\_id=122963&wmode=opaque](https://player.vimeo.com/video/203215047?dnt=1&app_id=122963&wmode=opaque)

These are just a few of the many yin yoga asanas that can help to invite happiness into your life. Yin yoga is a gentle form of yoga that focuses on holding poses for longer periods of time. This type of yoga can help to improve flexibility, release tension, and promote feelings of peace and happiness.

If you are new to yin yoga, it is important to start slowly and to listen to your body. Do not push yourself too hard, and be sure to take breaks when needed. Yin yoga can be a great way to improve your overall well-being and to invite happiness into your life.

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## Research

Here are three academic and scientific articles on how happiness is vital to self-care:

1. ["Happiness and Self-Care: A Review of the Literature"](#) by Jennifer L. Greer, published in the Journal of Happiness Studies in 2011. This article reviews the research on the relationship between happiness and self-care. It finds that happiness is associated with a number of self-care behaviors, such as exercise, sleep, and relaxation. It also finds that happiness can help to buffer against the negative effects of stress and adversity.
2. ["The Role of Happiness in Self-Care"](#) by Karen J. Sherman, published in the Journal of Clinical Psychology in 2012. This article discusses the role of happiness in self-care. It argues that happiness can motivate people to engage in self-care behaviors, and that it can also help people to cope with the challenges of self-care.
3. ["Happiness and Self-Care: A Qualitative Study"](#) by Sarah E. Jackson, published in the Journal of Holistic Nursing in 2013. This article presents the findings of a qualitative study on the relationship between happiness and self-care. It finds that participants who reported being happier also reported engaging in more self-care behaviors. It also finds that participants who reported being happier were more likely to view self-care as a priority.

These are just a few of the many articles that have been written on the relationship between happiness and self-care. The research suggests that happiness is a vital ingredient for self-care. When we are happy, we are more likely to engage in behaviors that promote our physical and mental health. We are also more likely to cope with stress and adversity in a healthy way. If you are looking for ways to improve your self-care, one of the best things you can do is to focus on increasing your happiness.

Here are some additional tips for increasing your happiness:

- **Spend time with loved ones.** Social connection is a key ingredient for happiness. Make time for the people who matter most to you.



**Dharma Seeds Yoga Press ~ Deva Hardeep Singh**

- **Do things you enjoy.** Make sure to schedule time for activities that you find enjoyable. This could be anything from reading to playing sports to spending time in nature.
- **Help others.** Helping others is a great way to feel good about yourself and to connect with your community. Find a cause that you care about and get involved.
- **Take care of your body.** Eating healthy, getting enough sleep, and exercising regularly can all help to improve your mood and energy levels.
- **Practice gratitude.** Take some time each day to reflect on the things you are grateful for. This can help to boost your happiness and reduce stress.

Happiness is a state of mind that is within your control. By following these tips, you can increase your happiness and improve your self-care.





# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

HEALTH SELF-CARE

FITNESS SELF -CARE

NOTES TO SELF

## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brush Teeth .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bathe .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get Dressed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go Outside .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smile .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat a healthy breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook a healthy dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take vitamins & medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do something that makes me happy now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down what I am thankful for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down a future goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read 10 pages of a book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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# Habit Tracker

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# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
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# Gratitude Tracker

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



[illegible]



# Notes

[illegible]



116



# *April* 2024

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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# Weekly Planner

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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## Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES



# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

## ACTS OF SELF CARE

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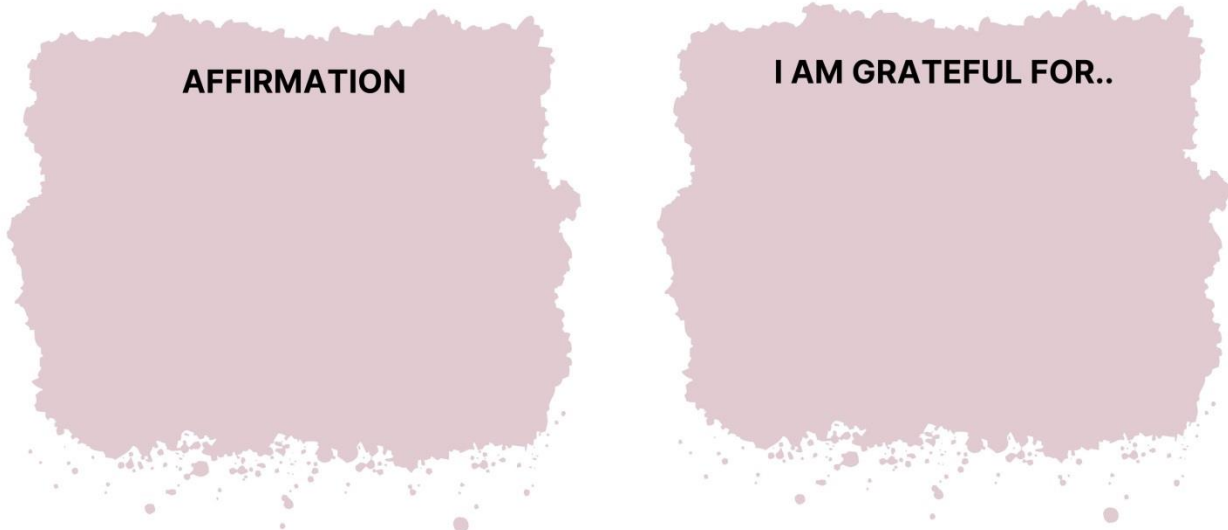
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**AFFIRMATION**

**I AM GRATEFUL FOR..**



**Ideas**

**Action**

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## KindMind=AliveMind™

### KindMind

This word is a combination of "kindness" and "mindfulness," and it captures the essence of what it means to turn moments of kindness into self-care. When we are kind to others, we are not only helping them, but we are also helping ourselves. Kindness can boost our mood, reduce stress, and improve our overall well-being. And when we are mindful of our actions, we are more likely to choose kindness over other, less helpful behaviors.



So, why not try to make "KindMind=AliveMind™" your new mantra? Every time you have the opportunity to be kind, take a moment to be mindful of your actions and the impact they will have on others. You may be surprised at how good it feels!

A mind that practices random acts of kindness is a mind open to the divine. I was raised Southern Baptist, but my parents were also very open-minded and spiritual. I remember a Bible verse that says, "The word of God will not return void." This means that everything in nature, life, and existence comes from the divine. In my Indigenous Yuchi language, the divine is called Go Han Tah Nae, "The Breathmaster." So, a mind that practices mindful random acts of kindness is truly a mind alive with the divine. The union of mind and action. Remember, yoga=union so you are practicing a form of yoga by this.

By making your mantra for the day "KindMind=AliveMind™", you are consciously uniting the spiritual and the mundane, natural world, into a new present-moment miracle. You are also training your self-care mindfulness to be aware of the

daily present-moment miracles that are happening all around you. By the end of the day, you will see that self-care is inviting this energy into your life.

Self-care is a transformative act that prepares your body to embody your true self. When you see the Creator continually making miracles in the world, you begin to see that the Creator is also working in your life. All you need to do is be still enough to notice the subtle energy shifts that are happening all around you. Then, consciously connect to these energy shifts and symbiotically merge with the Creator. You can do this by repeating the mantra "KindMind=AliveMind™".



**Prioritizing your needs is not selfish.** It is simply taking care of yourself, just as you would take care of a friend or family member. When you prioritize your needs, you are showing up for yourself. This is a form of meditation, as it requires you to be present and aware of your own needs.



When you are able to meet your own needs, you are better able to show up for others.

**Taking care of ourselves is self-care.** It improves our emotional and physical stamina and boosts our self-esteem. This builds resistance to stress and other challenges. Once we've embodied this then we extend to include our family, community, the natural world, and all sentient beings.

When we glimpse the subtle energy of the Creator, we breathe it in, hold it, and in that silence, we are one with the Creator. Each of us gets to choose how this shows up in our lives.

## PRACTICE THE FINE ART OF SMALL

Jane Anne Staw offers two ways to find a little joy in your day.

### 1 Savor the Ordinary

As you go about your day, be on the lookout for small moments of beauty, outdoors or in your home. You might notice, for example, a tiny leaf on the pavement, a sinuous crack in a stucco wall or on the sidewalk, one petal of a blossom, or the graceful sweep of a window curtain, the invitingly round shape of your favorite bowl, a moment in a photograph hanging on the wall. Once you discover your small moment of beauty, gaze at it for several minutes, noticing the feelings and sensations it awakens within you—joy, calm, excitement, fluttering, a gentle vibration—and allow that response to spread throughout your body and spirit.

### 2 Acknowledge Moments of Kindness

During the course of your day, notice any pleasant interaction or encounter the day offers you. It might be a "hello" from a passer-by, a compliment from a friend or acquaintance, having the person ahead of you hold the door open, a tender moment you observe between a father and his child, or a toddler squatting down to pet a dog. Once you notice this interaction, pay attention to the reaction it elicits within you, allowing the feelings and sensations to penetrate deep within your mind and body. This takes only a moment, but the rewards can last the entire day.



The Tree of Life is a mythical and mystical symbol of higher consciousness. But if you flip the image upside down, it can also represent the interior of our lungs. So when we breathe in the Creator's energy, let's remember this image. We are expanding our hearts with this breath.

The heart chakra is the fourth chakra in the human energy system. It is located in the center of the chest, and it is associated with the element of air. The heart chakra is responsible for our capacity for



love, compassion, and forgiveness. When the heart chakra is open and balanced, we are able to experience these qualities in our lives. We are also able to feel more connected to ourselves, others, and the world around us.

Self-care is important for our overall well-being. It is the practice of taking care of our physical, emotional, and spiritual needs. When we engage in self-care, we are giving ourselves the love and attention that we need to thrive.



There are many ways to expand our heart chakra and make room for self-care. Here are a few examples:

- **Spend time in nature.** Nature has a calming and restorative effect on the body and mind. When we spend time in nature, we can connect with the beauty of the world around us and feel more at peace.
- **Practice yoga or meditation.** Yoga and meditation are both effective ways to calm the mind and body. They can help us to relax, focus on the present moment, and connect with our inner selves.
- **Spend time with loved ones.** Spending time with loved ones can help us to feel supported and loved. It can also help us to feel more connected to others and to the world around us.
- **Do something you enjoy.** Doing something you enjoy can help you to relax and de-stress. It can also help you to feel more connected to your own inner happiness.
- **Give back to others.** Helping others can make us feel good about ourselves and can help us to connect with our own compassion. It can also help us to feel more connected to the world around us.

When we expand our heart chakra, we make room for self-care. We become more open to receiving love and support from others, and we are better able to give love and support to ourselves. When we take care of ourselves, we are better able to take care of others. We are also better able to cope with stress and challenges. Expanding our heart chakra and engaging in self-care are essential for our overall well-being.

In addition to the activities listed above, there are many other ways to expand our heart chakra and make room for self-care. The most important thing is to find what works for you and to be consistent with your self-care practices. When we make self-care a priority, we are taking care of our most important asset: ourselves.



#### Anahata ~ Heart Chakra

Here are some additional benefits of expanding our heart chakra and engaging in self-care:

- **Improved physical health:** When we take care of our emotional and spiritual needs, it has a positive impact on our physical health. We are better able to manage stress, we sleep better, and we have more energy.
- **Increased happiness:** When we are open to love and compassion, we experience more happiness in our lives. We are more likely to feel connected to others, and we are more likely to appreciate the good things in our lives.
- **Enhanced creativity:** When we are open to our inner selves, we are more likely to be creative. We are more likely to come up with new ideas, and we are more likely to express ourselves in a creative way.
- **Increased resilience:** When we take care of ourselves, we are better able to cope with challenges. We are more likely to bounce back from setbacks, and we are more likely to thrive in the face of adversity.

If you are looking for ways to expand your heart chakra and make room for self-care, I encourage you to try some of the activities listed above. You may also want to talk to a therapist or counselor who can help you to develop a personalized self-care plan. With a little effort, you can open your heart and experience the many benefits of self-care.

***Self-care is the practice of taking care of one's physical, emotional, and spiritual needs.*** It is important for our overall well-being, and it can be seen as an esoteric practice in the sense that it is a way of connecting with our true selves and with the divine.



## 2024 Self-Care Planner

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of becoming more aware of our thoughts, feelings, and sensations, and it can help us to reduce stress, improve our focus, and increase our compassion.

Self-care and mindfulness are closely related. When we engage in self-care, we are taking the time to listen to our needs and to nourish ourselves. We are also taking the time to be present with ourselves and to appreciate the beauty of the world around us. This can help us to develop a more mindful awareness of our lives, and it can lead to a deeper sense of peace and well-being.

There are many different ways to practice self-care. Some common activities include:

- **Meditation:** Meditation is a powerful way to quiet the mind and to focus on the present moment. There are many different types of meditation, so you can find one that works for you.
- **Yoga:** Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It can help to improve flexibility, strength, and balance, and it can also reduce stress and anxiety.
- **Nature walks:** Spending time in nature can be a great way to relax and de-stress. It can also help us to connect with the divine and to feel more at peace.
- **Massage:** Massage is a great way to relax the body and to release tension. It can also help to improve circulation and to reduce pain.
- **Reading:** Reading can be a great way to escape from the stresses of everyday life and to explore new ideas. It can also help us to connect with our inner selves and to find inspiration.
- **Creativity:** Creativity is a great way to express ourselves and to connect with our inner child. It can also help us to reduce stress and to improve our mood.

The most important thing is to find self-care activities that you enjoy and that make you feel good. When you make self-care a priority, you are taking care of your most important asset: yourself.



In addition to the activities listed above, there are many other ways to practice self-care. The most important thing is to find what works for you and to be consistent with your self-care practices. When we make self-care a priority, we are taking care of our most important asset: ourselves.



Here are some additional benefits of self-care:

- **Improved physical health:** When we take care of our emotional and spiritual needs, it has a positive impact on our physical health. We are better able to manage stress, we sleep better, and we have more energy.



### Dharma Seeds Yoga Press ~ Deva Hardeep Singh

- **Increased happiness:** When we are open to love and compassion, we experience more happiness in our lives. We are more likely to feel connected to others, and we are more likely to appreciate the good things in our lives.
- **Enhanced creativity:** When we are open to our inner selves, we are more likely to be creative. We are more likely to come up with new ideas, and we are more likely to express ourselves in a creative way.
- **Increased resilience:** When we take care of ourselves, we are better able to cope with challenges. We are more likely to bounce back from setbacks, and we are more likely to thrive in the face of adversity.

If you are looking for ways to practice self-care, I encourage you to try some of the activities listed above. You may also want to talk to a therapist or counselor who can help you to develop a personalized self-care plan. With a little effort, you can take care of yourself and experience the many benefits of self-care.

*In the esoteric sense, self-care is a way of connecting with our true selves and with the divine. When we take care of ourselves, we are honoring our divine nature. We are also creating a space for the divine to work in our lives.*

**Self-care is not selfish.** It is an act of love and compassion for ourselves. When we take care of ourselves, we are better able to take care of others. We are also better able to live our lives in a way that is aligned with our highest purpose.

I encourage you to make self-care a priority in your life. It is an investment in your own well-being, and it is an investment in the world.

### Heart Opening Exercise

- **Find space where you can be alone**
- **Take a cleansing breath:** inhale through nose, exhale through mouth, (if you can)
- **Recall a situation in life that has been an obstacle.** It could be something that you hurt by or stressed out over. Feel the distress, feel the struggle, the emotional discomfort as it arises in your body. Where do you feel it? Become aware of its pain, voice out loud, "Ouch!". Or say This hurts, I'm in Pain, or I'm stressed.
- **Acknowledge that stress and struggle are facts of human life:** Recognize this pain links you to your humanity. Realize it does not have to overwhelm you. Remember you are not alone in this moment. All humans struggle.
- **Give yourself some kindness.** With your eyes still closed or your gaze with your eyes slightly open looking at the tip of your nose. Place one of or both hands over your heart region. Take a few deep breaths. In breath through the nose and out breath through your mouth. If you can. Do this 4 times as you release the stress in your body where you sensed it. Feel the warmth of your heart region grow with your hands clasped over it.
- **See this healing energy from yourself to yourself.** See it envelop your whole body. Feel a sense of calmness and light blue colors soothing your body. Ask yourself, "What do I need to hear and feel right now to give kindness to myself?"
- **Now say, "May I be kind to myself!"** Use what phrases you need, such as, May I forgive myself?! May I be compassionate to myself! May I be compassionate to myself! SO on and so on.
- **Breathe.** Take as long as need to sit in this aura you invited in. Soak it up! Just breathe.
- **Take one last breath in, slow, but deeply in** through the nose and out the mouth. If you can. Slowly open your eyes. Rotate and shift your shoulders, hips, waist, wiggle your fingers and toes. Open your eyes when you are ready.

**Make room for self-care! Find your community of care. Belong and be!**



## Make Self-Care Work for You

YOU WANT TO...	BUT...	SHIFT IT...
Develop friendships that are supportive.	Your friendships are not equal in "give and take."	Define expectations with your closest friends. Don't assume your friends know what you need from them.
Write down three good things that you do each day.	You're in the habit of negative self-talk.	Every time you catch yourself saying something negative to yourself, say the exact opposite to yourself.
Do something that brings you joy (go to the movies, sit in a café, hit the beach, or set off on a hike).	You don't have a babysitter or the ability to get away for the evening.	Activate your self-care community.
Regularly meet with your social group/community of care.	Your friends or self-care network don't have time to meet.	Set up a meet-up in advance and regularly. Create a monthly calendar.

## Pre-Caution

While engaging in any yoga activities, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

## Yoga

Here are 3 intermediate Hatha Yoga asanas that invite self-care into our heart chakra:

- **Crocodile Pose (Makarasana):** This pose is a great way to open the heart chakra and release any pent-up emotions. To do this pose, start on your hands and knees. Then, slowly lower your chest to the ground, resting your forehead on the ground. Keep your hips and knees hip-width apart. Breathe deeply and stay in this pose for 5-10 breaths. [ArtofLiving.org](https://www.artofliving.org) Crocodile Pose (Makarasana) yoga asana



## Variation







## Benefits of Makarasana

- ✿ Makarasana offers deep relaxation for your shoulders and spine
- ✿ It can cure asthma, knee pain, and any lung related issues
- ✿ It helps in curing slip disc, spondylitis, and sciatica
- ✿ The asana stretches the hip muscles
- ✿ It relaxes your body completely and keeps you rejuvenated
- ✿ It relieves the body and the mind of tension
- ✿ Makarasana treats hypertension, heart diseases, and mental disorders



- **Bridge Pose (Setu Bandhasana):** This pose is a great way to strengthen the heart chakra and promote feelings of love and compassion. To do this pose, start lying on your back with your knees bent and your feet flat on the ground. Place your arms at your sides, palms facing down. Slowly raise your hips off the ground, keeping your core engaged. Hold this pose for 5-10 breaths.  
[ArtofLiving.org](http://ArtofLiving.org) Bridge Pose (Setu Bandhasana) yoga asana



<https://www.youtube.com/watch?v=yWwullgxRo>





- **Warrior III Pose (Virabhadrasana III):** This pose is a great way to open the heart chakra and build confidence. To do this pose, start in a lunge position with your front foot forward and your back foot back. Extend your arms overhead, keeping your back straight. Lean forward from your hips, keeping your front knee over your ankle. Hold this pose for 5-10 breaths. [Yoga Basics](#) Warrior III Pose (Virabhadrasana III) yoga asana



[https://youtu.be/SS\\_DnPxVkw](https://youtu.be/SS_DnPxVkw)

These are just a few examples of intermediate Hatha Yoga asanas that can be used to invite self-care into the heart chakra. If you are new to yoga, it is important to start with beginner poses and gradually work your way up to more advanced poses. It is also important to listen to your body and not push yourself too hard. Yoga should be a relaxing and enjoyable experience.

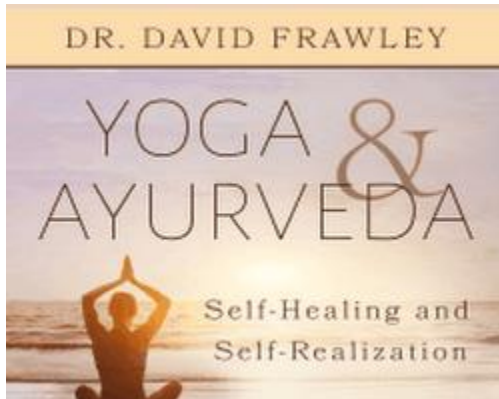




## Research

here are 3-4 academic & scientific articles relating to inviting self-care into our heart chakra that heals our body:

- **"The Heart Chakra and Self-Care: A Holistic Approach to Healing"** by Dr. David Frawley (2017). This article discusses the importance of the heart chakra in holistic health and healing. It also provides a number of self-care practices that can be used to open and heal the heart chakra. [Scribd](#) Heart Chakra and Self-Care: A Holistic Approach to Healing article by Dr. David Frawley



- **"The Role of the Heart Chakra in Physical and Emotional Health"** by Dr. Dean Ornish (2008). This article discusses the scientific research on the link between the heart chakra and physical and emotional health. It also provides a number of ways to open and heal the heart chakra through diet, exercise, and mindfulness. [SlideShare](#) Role of the Heart Chakra in Physical and Emotional Health article by Dr. Dean Ornish

In recent times, as many eastern healing traditions have slowly and steadily permeated the health care system worldwide, this is especially true of mind-body therapies that focus on the health-promoting holistic connections that exist between the human brain, mind, body, and individual behavior. This includes techniques of meditation (transcendental, mindfulness meditation, and others), qi gong, tai chi, and yoga.<sup>1</sup> In the USA, reported use of deep breathing, meditation, and yoga increased between 2002 and 2007 with 12.7% of adults using deep-breathing exercises, 9.4% practicing meditation, and 8.1% taking up yoga.<sup>2</sup> Pain-related issues were the top usage statistics while more than 40% of adults with neuropsychiatric symptoms most often in the range of various mind-body therapies.<sup>3</sup>

**Yoga As A Therapy**

Yoga as a mode of therapy (yoga chikitsa) has become extremely popular, and a great number of studies and systematic reviews offer scientific evidence of its potential in treating a wide range of psychosomatic conditions. Yoga encompasses health and well-being as a dynamic continuum of human nature and not merely a 'state' to be reached and maintained. Yoga helps the individual to establish "ekagrata" (one-pointedness), which may be defined as a dynamic state of physical, mental, and spiritual well-being. Yogabharati Dr. Suresh Chandra Gai (Gai Maharaj), the visionary founder of Ananda Ashram at the KCTK, Pondicherry (Tamil Nadu), and one of the foremost authorities on Yoga in the past century explained lucidly, "Yoga chikitsa is virtually the work."<sup>4</sup>

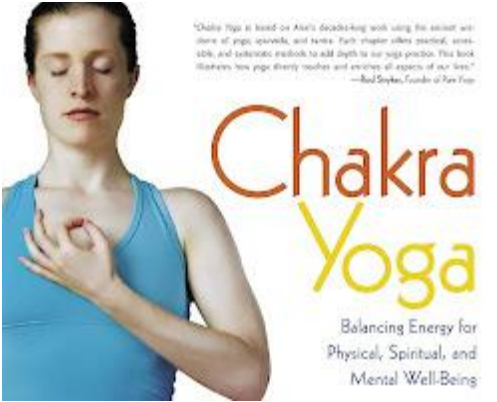
To achieve this yogic integration at all levels of our being, it is essential that we take into consideration the all-encompassing, multi-dimensional aspects of yoga that include the following: a healthy life-nourishing diet, a healthy and natural environment, a holistic lifestyle, adequate workouts through asana, pranayama and kriya, integrating breath-work through pranayama and the cultivation of a healthy thought process through jnana yoga and raja yoga.

The International Association of Yoga Therapists (IAYT), USA has since this idea resonated in defining Yoga therapy as follows: "Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of yoga." This has been further endorsed by the IAYT in its "Recommended Educational Standards for the Training of Yoga Therapists", published on 3 July 2012.<sup>5</sup> This is one of the best documents on standards in yoga therapy and is a path-breaking effort covering comprehensively all aspects of yoga as a holistic therapy.

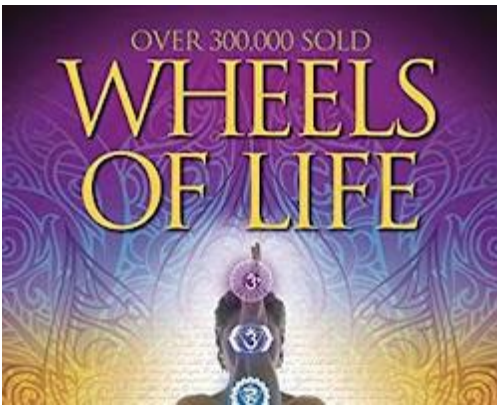
The need of the hour is for a systematic relationship between yoga and modern science. It is surely this need, living, human bodies combining the best of both worlds need to be cultivated. It is important that more dedicated scientists take up yoga and that more yoga study scientists, so that we can build a bridge between these two great evolutionary aspects of our civilization. The process

- **"Yoga and the Heart Chakra"** by Judith Hanson Lasater (2004). This book provides a comprehensive guide to the heart chakra and how to use yoga to open and heal it. It includes a number of yoga poses, breathing exercises, and meditations that can be used for this purpose. [Amazon.com](#) Yoga and the Heart Chakra book by Judith Hanson Lasater





- **"The Heart Chakra: A Guide to Healing and Transformation"** by Anodea Judith (1996). This book provides a comprehensive guide to the heart chakra, including its history, symbolism, and anatomy. It also discusses the emotional and spiritual issues associated with the heart chakra, and how to use yoga, meditation, and other self-care practices to open and heal it. [Amazon.com](https://www.amazon.com/Heart-Chakra-Guide-Healing-Transformation/dp/0892819121) Heart Chakra: A Guide to Healing and Transformation book by Anodea Judith



These are just a few examples of academic & scientific articles that discuss the link between the heart chakra and self-care. There is a growing body of research on this topic, and it is clear that the heart chakra plays an important role in physical and emotional health. If you are interested in learning more about this topic, I encourage you to read these articles and other resources on the heart chakra.

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# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

## HEALTH SELF-CARE

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## FITNESS SELF -CARE

--

## NOTES TO SELF

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## MY SCHEDULE

--

## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Ideas

**BASIC**

**PHYSICAL**

**EMOTIONAL**

**SPIRITUAL**

**NOTES**

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# Self Care Intention

**PHYSICAL SELF CARE**

**EMOTIONAL SELF CARE**

**SPIRITUAL SELF CARE**

**INTELLECTUAL SELF CARE**

**SOCIAL SELF CARE**

**ENVIRONMENT SELF CARE**

**NOTE**



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Habit Tracker

Habit	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Pampering Checklist

## Plan Your Pampering Checklist

<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
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<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	
<input type="radio"/>		<input type="radio"/>	



# Gratitude Tracker

## PEOPLE

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

## PLACES

<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

## THINGS

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<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	

## EXPERIENCES

<input type="radio"/>	
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<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	



# Wellness Goals

## MIND GOALS

<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	

## BODY GOALS

<input type="radio"/>	
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<input type="radio"/>	

## OTHER GOALS

<input type="radio"/>	
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<input type="radio"/>	
<input type="radio"/>	



# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## To Do List

[illegible]



# Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



# Goal Planner

GOAL	STEPS	DEADLINE
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

GOAL	STEPS	DEADLINE
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

GOAL	STEPS	DEADLINE
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>



## MEASURABLE WAYS TO ACHIEVE YOUR GOAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Medication Tracker

[illegible]



*May*  
**2024**

<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**Notes & Reminder**

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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# Weekly Planner

**WEEK OF:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

ACTS OF SELF CARE

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AFFIRMATION



I AM GRATEFUL FOR..



Ideas	Action
<hr/>	<hr/>
<hr/>	<hr/>
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## 2024 Self-Care Planner

My five-year older brother's shrill yells of "Mark isn't keeping his side of the room clean!" were a weekly occurrence. I was attached to not throwing away things, so I would often avoid cleaning my room. I was attached to trash.

*Deva 2nd grade 1969*



I remember casually mentioning to my medically trained sister once that I needed to get my Lortabs refilled. Her reply and face said it all: "Why are you on Lortabs?"

"Well, remember that car wreck three years ago?" I asked. "My doc still has me on them."

My sister's expression softened. "I see," she said. "Do you think you are addicted to them?."

I nodded. "I know," I said. "But it's hard to let go. They numb out the

pain."



I looked into my sister's eyes, and I knew she was right. I wasn't alone. And there was help available.

I took a deep breath. "shit," I uttered under my breath.

I was attached to numbing myself through [Lortab](#). Just like in college when a doctor gave me 300 tablets of [Norgesic Forte](#), a nice muscle relaxant. Those 300 tablets helped me through a semester. I was attached to addictions that harmed my body, mind and soul.

### Setting Intentions

In Sanskrit, the word *sankalpa* means intention. Intention is purpose, an objective, a goal, an intended direction. In medical terminology, an intention is the process of healing a wound. Intentions within a yoga and meditation practice are a bit of a combination of these two definitions.

An intention is essentially an affirmation or positive statement that speaks, present tense, to a future goal or area of focus that you are building within your life. "I am"... "healing", "strong", "unstoppable", "I work for justice", "I see all who travel this world beside me". The words within that yearn to carry you; this is where intentions begin.

## The Attachment Styles

### SECURE

- 1-Can trust fairly easily
- 2-Is attuned to emotions
- 3-Can communicate upsets directly
- 4-Leads with cooperative and flexible behavior in relationships

### ANXIOUS

- 1-Has a sensitive nervous system
- 2-Struggles communicating needs directly
- 3-Tends to "act out" when triggered (i.e. makes partner jealous)

### AVOIDANT - DISMISSIVE

- 1-Downplays importance of relationships
- 2-Is usually extremely self-reliant
- 3-Can become more vulnerable when there is a big crisis

### AVOIDANT - FEARFUL

- 1-More dependent in relationships than avoidant - dismissive
- 2-Strongly fears rejection
- 3-Has low self-esteem
- 4-Has high anxiety in relationships



Setting an intention within your practice offers a focus point, an attention redirection when the mind fluctuations wander too far from yourself. *Intentions are for you, and you alone.*

PYP 200 hr CYT Yoga Teachers Training Manual <https://bit.ly/PYP-Training>

## Finding The Unexpected Support System

As individuals begin to heal and understand the roots of their traumas and the long-term impact of these traumas on the mind and body, gentle transitions begin to occur. Partnered with a deeper connection to breath and movement and the increased ability to self-soothe, practitioners of trauma-informed yoga begin to notice the deeper impact of the practice and increase their awareness of their actions and reactions off the mat. By nurturing this growing awareness, a healthier support system can emerge.

PYP 200 hr CYT Yoga Teachers Training Manual <https://bit.ly/PYP-Training>

## Aparigraha

Aparigraha (Ah-par-ee-grah-hah) gives us an opportunity to let go and open ourselves up for new experiences and opportunities. The fifth and final Yama evaluates need over want and encourages us to receive only what is necessary and let go of anything beyond this. It warns against the harm that arises out of greed and the dangers of attachment and instead offers us that happiness and contentment are not created beyond our physical self and to need, desire, or obsess over what is beyond

PYP 200 hr CYT Yoga Teachers Training Manual <https://bit.ly/PYP-Training>

अपरिग्रह  
*Aparigraha*  
*Non-possessiveness*  
*Non grasping*  
*Let go of what is not needed*  
*Let go of what is not serving you*

## Aparigraha: Letting Go

It seems easy enough to say, "Let go." But we all know it's not that simple. We have a tendency to lock away our past traumas, to padlock them shut and brick them over, never to be dealt with again.

But this is not the way to heal. In order to truly move



on, we need to face our traumas head-on. We need to open the doors to those locked rooms and allow ourselves to feel the pain and the fear. Only then can we begin to let go.

The mindful exercise from last month's writing is a good place to start. In that exercise, we were asked to visualize a door that represented a past trauma. We were then asked to open the door and allow ourselves to feel the emotions that came up.

This exercise can be difficult, but it is important. By facing our traumas, we can begin to heal. We can let go of the pain and the fear, and we can move on with our lives.



Here are some additional tips for letting go of past traumas:

- Talk to a therapist or counselor. They can help you to process your emotions and to develop healthy coping mechanisms.
- Journal about your experiences. This can help you to understand your trauma and to start to let go of it.
- Practice mindfulness meditation. This can help you to become more aware of your thoughts and feelings, and to let go of them more easily.
- Be patient with yourself. This process takes time. Don't expect to be able to let go of your trauma overnight.

Remember, you are not alone. Many people have experienced trauma, and there is help available. With time and effort, you can heal and move on with your life.

**Aparigraha is the yogic principle of non-attachment.** It is the practice of letting go of material possessions, emotional baggage, and negative thoughts. In order to fully realize Aparigraha, it is important to overcome some common mental health issues that can hold us back from letting go.

Some of these mental health issues include:

- **Attachment anxiety:** This is the fear of losing something or someone that we care about. It can lead us to cling to people or possessions, even when it is not healthy for us.
- **Fear of abandonment:** This is the fear of being left or rejected by others. It can lead us to try to control people or situations, in order to avoid being abandoned.
- **Low self-esteem:** This is a lack of confidence in oneself. It can lead us to believe that we are not worthy of love or happiness, and that we need to hold on to things in order to feel secure.
- **Greed:** This is the desire for more than we need. It can lead us to hoard possessions, money, or even relationships.
- **Resentment:** This is anger or bitterness that we hold onto, often for a long time. It can lead us to feel like we are owed something, and that we need to get back at someone.

If you are struggling with any of these mental health issues, it is important to seek professional help. A therapist can help you to understand your triggers and to develop healthy coping mechanisms.

With time and effort, you can overcome these issues and begin to practice Aparigraha. This will allow you to live a more present and fulfilling life.



### [How to Overcome Childhood Trauma](#)

Here are some additional tips for overcoming mental health issues that can hinder Aparigraha:

- **Practice mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. It can help you to become more aware of your thoughts and feelings, and to let go of them more easily.
  - **Challenge your negative thoughts:** When you have a negative thought, ask yourself if it is really true. Is there another way to look at the situation?
- **Focus on the positive:** Make a list of all the things you are grateful for. This will help you to focus on the good things in your life, and to let go of the negative.
- **Be patient with yourself:** Change takes time. Don't expect to overcome your mental health issues overnight. Just keep practicing, and you will eventually reach your goals.



here is how working with aparigraha can help us overcome our fear of abandonment:

- **Aparigraha teaches us to let go of the need to control.** When we are afraid of abandonment, we often try to control the people and situations in our lives. We may try to be perfect, or to please everyone. We may try to avoid conflict at all costs. But this only leads to more anxiety and stress. Aparigraha teaches us that we cannot control other people's actions, and that we need to let go of the need to do so. This can help us to relax and to be more open to relationships.
- **Aparigraha teaches us to accept ourselves and others as we are.** When we are afraid of abandonment, we may have a hard time accepting ourselves and others. We may be critical of ourselves and others, and we may always be looking for flaws. But this only leads to more pain and suffering. Aparigraha teaches us to accept ourselves and others for who we are, flaws and all. This can help us to feel more secure in our relationships, and to let go of our fear of abandonment.
- **Aparigraha teaches us to appreciate the present moment.** When we are afraid of abandonment, we may be constantly worrying about the future. We may be afraid of being left alone, or of not being good enough. But this only leads to more anxiety and stress. Aparigraha teaches us to appreciate the present moment, and to live in the here and now. This can help us to relax and to enjoy our relationships, and to let go of our fear of abandonment.

If you are struggling with fear of abandonment, I encourage you to explore the principles of aparigraha. It can be a powerful tool for healing and transformation.

Here are some additional tips for working with aparigraha to overcome fear of abandonment:

- **Practice mindfulness meditation.** Mindfulness meditation can help you to become more aware of your thoughts and feelings, and to let go of them more easily.
- **Challenge your negative thoughts.** When you have a negative thought about yourself or about your relationships, ask yourself if it is really true. Is there another way to look at the situation?
- **Focus on the positive.** Make a list of all the things you are grateful for. This will help you to focus on the good things in your life, and to let go of the negative.
- **Be patient with yourself.** Change takes time. Don't expect to overcome your fear of abandonment overnight. Just keep practicing, and you will eventually reach your goals.

Remember, you are not alone. Many people struggle with fear of abandonment. There is help available, and you can overcome this fear.

Here are some ways on how working with Aparigraha can help us challenge our negative thoughts:

- **Become aware of your thoughts.** The first step to challenging your negative thoughts is to become aware of them. When you have a negative thought, ask yourself where it came from. Is it based on reality, or is it based on fear or insecurity?
- **Question the validity of your thoughts.** Once you are aware of your negative thoughts, you can start to question their validity. Is there any evidence to support your thoughts? Or are they just based on assumptions?
- **Consider alternative perspectives.** When you challenge your negative thoughts, it is helpful to consider alternative perspectives. What would someone else say about your situation? How would you view the situation if you were not afraid?
- **Focus on the positive.** It is also helpful to focus on the positive aspects of your life. What are you grateful for? What are the good things that have happened to you recently?
- **Practice mindfulness meditation.** Mindfulness meditation can help you to become more aware of your thoughts and feelings, and to let go of them more easily.

Aparigraha is the yogic principle of non-attachment. It is the practice of letting go of material possessions, emotional baggage, and negative thoughts. When we work with aparigraha, we learn to accept things as they are, and to let go of the need to control or possess. This can help us to challenge our negative thoughts, and to see the world in a more positive light.



# TAKE YOGA OFF THE MAT

## *challenge*

### PRACTICE APARIGRAHA - NON-POSSESSIVENESS

1. Practice yoga for the love of practicing - without pushing yourself to the edge, without comparing yourself to others
2. Clean out the clutter at home
3. Stick to your shopping list next time you're at the shop and don't put those extra indulgent treats into the trolley
4. Don't push away negative feelings - feel them, allow them to happen, and know that this too shall pass
5. Forgive others. Your 'not forgiving' does not heal your wounds—it only keeps them open. Make the decision to free yourself from resentment and bitterness, and become the loving person you know you are.

Here are some additional tips for challenging your negative thoughts with Aparigraha:

- **Remember that you are not your thoughts.** Your thoughts are just thoughts. They do not define you.
- **Be kind to yourself.** When you have a negative thought, don't beat yourself up about it. Just acknowledge the thought, and let it go.
- **Have faith in yourself.** You are capable of challenging your negative thoughts and living a positive life.

Remember, it takes time and practice to challenge your negative thoughts. Don't give up. Just keep practicing, and you will eventually reach your goals.

Self-Care is to learn to embrace and love you one-hundred percent. That is true mindfulness.

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### Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.



## Yoga

Here are 3 intermediate Yin Yoga asanas that strengthen Aparigraha:

- **Reclining Bound Angle Pose (Supta Baddha Konasana):** This pose is a great way to release tension in the hips and pelvis. It also helps to cultivate a sense of surrender and non-attachment. To do this pose, start by lying on your back with your knees bent and your feet flat on the floor. Bring the soles of your feet together and allow your knees to fall open to the sides. Reach your arms overhead and clasp your hands together. Relax your shoulders and neck, and allow your body to sink into the ground. Hold this pose for 3-5 minutes. [Yogajala](#) Reclining Bound Angle Pose (Supta Baddha Konasana) Yoga Pose



<https://www.youtube.com/watch?v=2NzecBzvhuw>

- **Supported Fish Pose (Salamba Matsyasana):** This pose is a great way to stretch the spine and release tension in the neck and shoulders. It also helps to cultivate a sense of openness and non-attachment. To do this pose, start by sitting on your mat with your legs straight out in front of you. Bend forward from the hips and place your hands on the ground, shoulder-width apart. Lean back so that your body weight is supported by your hands and your feet. Bring your hands together behind your back and clasp your fingers together. Relax your neck and shoulders, and allow your head to hang down. Hold this pose for 3-5 minutes. [Verywell Fit](#) Supported Fish Pose (Salamba Matsyasana) Yoga Pose



[Variation link](#)

- **Pigeon Pose (Kapotasana):** This pose is a great way to stretch the hips, groin, and inner thighs. It also helps to cultivate a sense of acceptance and non-attachment. To do this pose, start by kneeling on your mat with your knees hip-width apart. Bring your right foot forward so that your right knee is



## 2024 Self-Care Planner

bent at a 90-degree angle. Slide your left foot back so that your left heel is in line with your right hip. Lower your hips down to the ground, keeping your right knee bent and your left leg straight. Place your hands on the ground in front of you for support. Hold this pose for 3-5 minutes, then repeat on the other side. [ArtofLiving.org](https://www.artofliving.org) Pigeon Pose (Kapotasana) Yoga Pose



## Pigeon Pose Variations

### [YogaU Variations](#)

When practicing these poses, it is important to listen to your body and to not push yourself too hard. If you feel any pain, simply modify the pose or come out of it altogether. With regular practice, these poses can help you to cultivate a sense of non-attachment and to live a more peaceful and fulfilling life.

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### Research

here are 3 academic & scientific articles on how Aparigraha is essential part of Self-Care:

- "The Role of Aparigraha in Self-Care" by Sarah K. Bird, published in the **International Journal of Yoga Therapy** in 2017. This article explores the yogic principle of aparigraha and its relevance to self-care. The author argues that aparigraha can help us to let go of attachments, to be more present, and to live more mindfully. [Brett Larkin](#) Role of Aparigraha in Self-Care article.





- **"Aparigraha: The Yoga of Non-Attachment"** by Mark Matousek, published in the **Journal of Humanistic Psychology** in 2005. This article provides a comprehensive overview of the yogic principle of aparigraha. The author discusses the benefits of aparigraha for physical, mental, and emotional health. [Journey to the Life You Love HOME](#) Aparigraha: The Yoga of Non-Attachment article



- **"The Psychology of Aparigraha: Letting Go of Attachments for Self-Care"** by Brett Larkin published in the **Psychology Today** website in 2018. This article explores the psychological benefits of aparigraha. The author argues that aparigraha can help us to reduce stress, to improve our relationships, and to live a more fulfilling life.



<https://www.brettlarkin.com/what-is-aparigraha/>



# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

HEALTH SELF-CARE

FITNESS SELF -CARE

NOTES TO SELF

## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brush Teeth .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bathe .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get Dressed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go Outside .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smile .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat a healthy breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook a healthy dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take vitamins & medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do something that makes me happy now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down what I am thankful for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down a future goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read 10 pages of a book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Habit Tracker

Habit	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Routine Tracker

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# Gratitude Tracker

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## To Do List

[illegible]



# Notes

[illegible]



190



*June*  
**2024**

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23	24	25	26	27	28	29
30						

**Notes & Reminder**

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY

193



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

## ACTS OF SELF CARE

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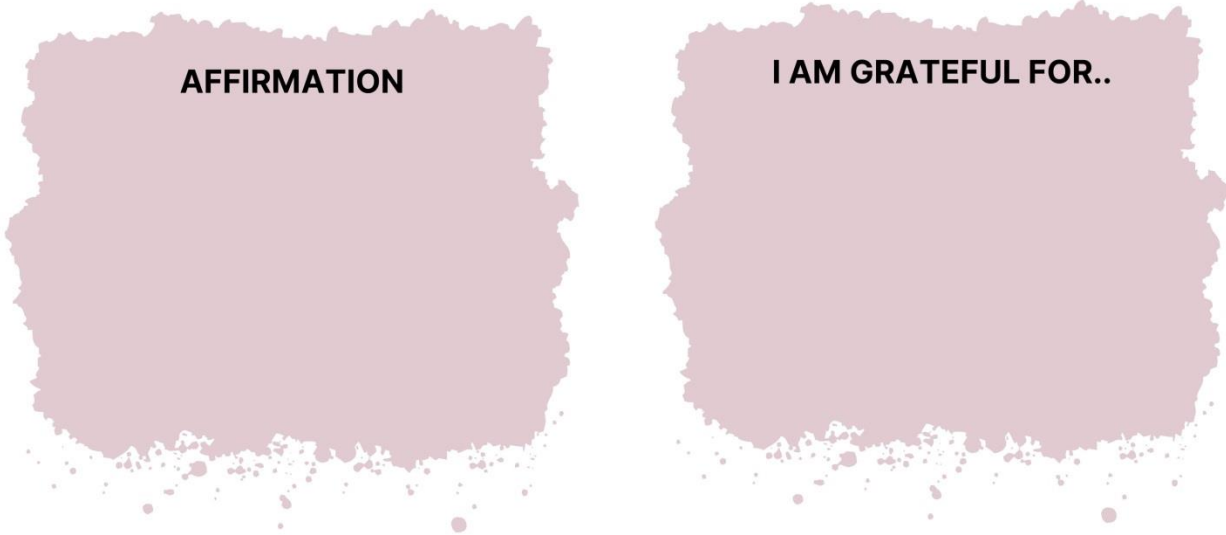
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**AFFIRMATION**

**I AM GRATEFUL FOR..**



**Ideas**

**Action**

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## Calm Your Nerves

### The Nervous System, Neuroscience of Trauma and Self-Care



controlling movement, and regulating emotions. The PNS consists of all the nerves that connect the CNS to the rest of the body. It is responsible for sending signals from the brain to the muscles and organs, and from the body to the brain.

The nervous system is constantly responding to the environment. When we experience a threat, the sympathetic nervous system (SNS) is activated. This causes a number of changes in the body, including increased heart rate, blood pressure, and breathing. These changes prepare us to either fight or flee the threat.

If the threat is prolonged or severe, the body's stress response can become dysregulated. This can lead to a number of physical and psychological symptoms, including anxiety, depression, and post-traumatic stress disorder (PTSD).

Trauma is a deeply distressing or disturbing experience that can have a lasting impact on the individual. It can affect the way we think, feel, and behave. Trauma can also change the way our nervous system functions.

In the aftermath of trauma, the SNS may become overactive. This can lead to a number of symptoms, including hypervigilance, irritability, and difficulty sleeping. The PNS may also become underactive. This can lead to symptoms such as fatigue, apathy, and difficulty concentrating.

Self-care is essential for healing from trauma. It involves taking steps to care for our physical, emotional, and psychological health. Self-care can help to reduce stress, regulate emotions, and improve our overall well-being.

There are many different self-care activities that can be helpful for people who have experienced trauma. Some examples include:

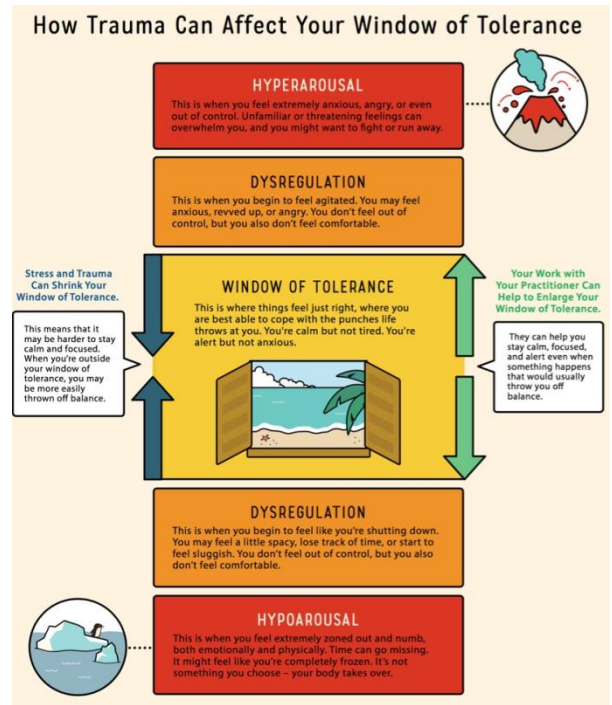
**Exercise:** Exercise is a great way to reduce stress and improve mood. It can also help to improve sleep quality.

**Healthy eating:** Eating a healthy diet can help to improve energy levels and reduce inflammation.

**Sleep:** Getting enough sleep is essential for physical and mental health.

The nervous system is a complex network of cells that allows us to sense the world around us, process information, and respond to stimuli. It is made up of two main parts: the central nervous system (CNS) and the peripheral nervous system (PNS).

The CNS consists of the brain and spinal cord. It is responsible for processing information from the senses, responsible for processing information from the senses,

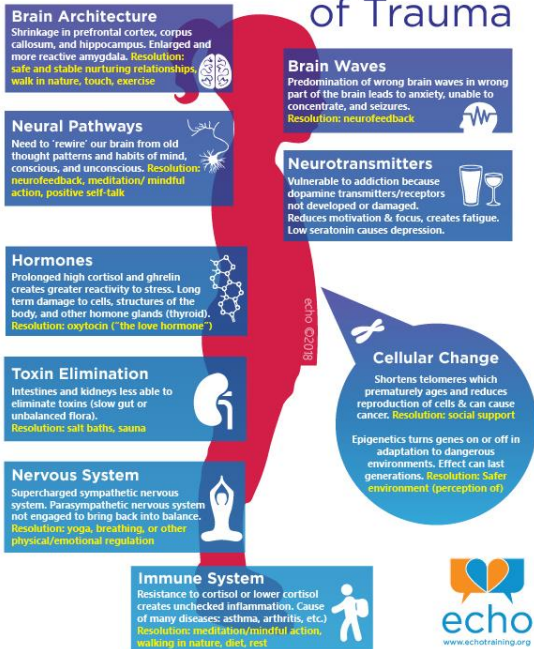




## 2024 Self-Care Planner

**Relaxation techniques:** Relaxation techniques such as yoga, meditation, and deep breathing can help to reduce stress and improve sleep quality.

## Physical Impact of Trauma



**Social support:** Spending time with loved ones can help to reduce isolation and improve mood.

**Professional help:** If you are struggling to cope with trauma, it is important to seek professional help. A therapist can help you to understand your trauma and develop coping strategies.

Trauma can be a difficult experience to heal from, but it is possible to recover. Self-care is an essential part of the healing process. By taking care of ourselves, we can reduce stress, regulate emotions, and improve our overall well-being.

In addition to the self-care activities listed above, there are a number of other things that you can do to support your healing from trauma. These include:

**Learning about trauma:** Understanding how trauma affects the body and mind can help you to make sense of your experiences and cope with your symptoms.

**Connecting with others:** Talking to others who have experienced trauma can help you to feel less alone and gain support.

**Finding meaning:** Finding meaning in your trauma can help you to move forward in your life. This could involve journaling, creating art, or volunteering.

**Giving yourself time:** Healing from trauma takes time. Be patient with yourself and allow yourself to grieve your losses.

If you are struggling to cope with trauma, please reach out for help. There are many resources available to you, including therapists, support groups, and online forums. You are not alone.

## Conclusion

The nervous system is a complex and powerful system that plays a vital role in our physical and psychological well-being. Trauma can have a profound impact on the nervous system, leading to a number of physical and psychological symptoms. Self-care is essential for healing from trauma. By taking care of ourselves, we can reduce stress, regulate emotions, and improve our overall well-being.

If you are struggling to cope with trauma, please reach out for help. There are many resources available to you, including therapists, support groups, and online forums. You are not alone.

## The Esoteric Teachings of the Nervous System and Chakras

In esoteric teachings, the nervous system is seen as a network of energy channels that connect the physical body to the subtle bodies. The chakras are said to be vortices of energy that sit along these channels. They are said to be the gateways through which energy flows into and out of the body.

The seven main chakras are located along the spine, from the base of the spine to the crown of the head. Each chakra is associated with a different aspect of our being, such as our physical health, our emotions, our thoughts, and our spiritual development.



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

The first chakra, the root chakra, is located at the base of the spine. It is associated with our physical survival and our sense of security. The second chakra, the sacral chakra, is located below the navel. It is associated with our creativity, sexuality, and emotions. The third chakra, the solar plexus chakra, is located in the abdomen. It is associated with our personal power, our will, and our self-esteem.

The fourth chakra, the heart chakra, is located in the chest. It is associated with love, compassion, and forgiveness. The fifth chakra, the throat chakra, is located in the throat. It is associated with communication, creativity, and self-expression. The sixth chakra, the third eye chakra, is located in the center of the forehead. It is associated with intuition, wisdom, and clairvoyance.

The seventh chakra, the crown chakra, is located at the top of the head. It is associated with our connection to the divine, our spiritual awareness, and our enlightenment.

### CHAKRA GUIDE

CHAKRA	Root	Sacral	Solar Plexus	Heart	Throat	Third-Eye	Crown
LOCATION	Base Of Spine	Lower Abdomen	Stomach	Heart	Throat	Forehead	Top of the Head
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Consciousness
SOUND	LAM	VAM	RAM	YAM	HAM	AUM (Om)	AH
EMOTIONS	Safety, security	Sexuality, desire, pleasure	Personal power, purpose	Balance, love	Self-expression, expansion, healing	Intuition, imagination	Bliss, spirituality
BODY	Spine, rectum, legs, arms, circulatory system	Reproductive organs, kidneys, bowels, immune system	Central nervous system, pancreas, liver, skin, digestive tract	Heart, thymus, lower lungs, circulatory system, immune system	Throat, respiratory system, neck, vocal chords, thyroid	pituitary gland, pineal gland, eyes, brain, sinuses	mind
BALANCED BEHAVIOUR	Safe, secure, content, grounded, happy to be alive	Passion, creative, healthy libido, optimistic, open	Confident, in control, optimistic, ambitious, joyful, easy-going	Generous, loving, compassionate, peaceful, open, empathetic	Expressive, good communicator, trustworthy, calm, honest	Intuitive, faithful, imaginative, innocent, clarity of mind	Connected, present, wise, universal love
BLOCKED BEHAVIOUR	Fearful, anxious, insecure, self-pity, self-doubt, aggressive	Low libido, fear of intimacy, aloof, destructive, dependent	Low self-esteem, powerless, pessimistic, over-analytical	Lack of empathy, bitter, hateful, trust issues, bitter, jealous	Can't express self, secretive, quiet, shy, moody, not good listener	Poor judgement, lacks focus, poor imagination, depressed	Learning difficulties, disconnected from reality, anger, lack of faith
OVERACTIVE BEHAVIOUR	Greedy, lust for power, aggressive, materialistic, cynical	Over emotional, fixated on sex, hedonistic, manipulative	Power hungry, dominating, perfectionist, critical	Jealous, self-sacrificing, codependent, give too much	Optimism, loud, critical, gossip, interrupt, harsh words	Nightmares, delusions, hallucinations, obsessive	Dogmatic, judgemental, ungrounded, spiritual addiction
FOODS TO HEAL	Beets, parsnips, apples, rutabagas, pomegranates, protein	Beets, parsnips, apples, rutabagas, pomegranates, protein	Yellow peppers, yellow lentils, hummus, oats, corn, squash	Spinach, broccoli, kale, peas, other leafy greens	Blueberries, blue raspberries, kelp, figs	Purple potatoes, blackberries, plums, purple grapes	Fresh air, sunlight, nature

The chakras are said to be blocked or imbalanced when we are not living in alignment with our true selves. This can lead to physical, emotional, and spiritual problems. When the chakras are open and balanced, we are able to experience a sense of well-being, peace, and harmony.

There are many different ways to open and balance the chakras. Some common methods include meditation, yoga, breathwork, and energy healing.

Meditation is a powerful way to open and balance the chakras. When we meditate, we focus our attention on the present moment and allow our thoughts to come and go without judgment. This can help to clear the blockages in our chakras and allow energy to flow freely.

Yoga is another great way to open and balance the chakras. As we move through the yoga poses, we are stimulating the different chakras and bringing them into balance.

Breathwork is a simple but effective way to open and balance the chakras. When we breathe deeply and

slowly, we are bringing more oxygen into our bodies and stimulating the chakras.

Energy healing is a more advanced method of opening and balancing the chakras. Energy healers use their hands to channel energy into the chakras, helping to clear blockages and restore balance.

Opening and balancing the chakras can be a challenging but rewarding process. It takes time, patience, and dedication. But if you are willing to put in the work, you can experience the many benefits of a healthy and balanced chakra system.

In addition to the methods mentioned above, there are a number of other things that you can do to support the opening and balancing of your chakras. These include:

**Eating a healthy diet:** Eating a diet that is rich in fruits, vegetables, and whole grains can help to nourish the chakras and promote their health.



## 2024 Self-Care Planner

**Drinking plenty of water:** Staying hydrated is essential for overall health, including the health of the chakras.

**Getting enough sleep:** Sleep is essential for physical and mental health, and it can also help to balance the chakras.

**Practicing relaxation techniques:** Relaxation techniques such as yoga, meditation, and deep breathing can help to calm the mind and body, which can create a more conducive environment for the opening and balancing of the chakras.

**Spending time in nature:** Spending time in nature can help to connect us to the divine and promote the opening and balancing of the chakras.

If you are interested in opening and balancing your chakras, there are a number of resources available to you. You can find books, articles, and websites that offer information on the chakras and how to work with them. You can also find teachers and practitioners who can offer guidance and support.

The opening and balancing of the chakras is a journey, not a destination. It is a process of self-discovery and self-healing. As you work with your chakras, you will come to a deeper understanding of yourself and your place in the world. You will also experience a greater sense of peace, harmony, and well-being.

The Raja Yoga esoteric teachings of the nervous system and chakras are based on the idea that the chakras are vortices of energy that sit along the subtle bodies. The subtle bodies are said to be made up of energy, and they are said to surround the physical body.

The chakras are said to be connected to the nervous system, and they are said to play a role in our physical, emotional, and spiritual well-being. When the chakras are open and balanced, we are said to experience a sense of well-being, peace, and harmony.

In Raja Yoga, the chakras are seen as a way to access and control the subtle bodies. By working with the chakras, it is said that we can improve our physical, emotional, and spiritual health.

There are many different ways to work with the chakras in Raja Yoga. Some common methods include:

**Meditation:** Meditation is a powerful way to work with the chakras. When we meditate, we focus our attention on the chakras, and we allow energy to flow through them.

**Yoga:** Yoga is another great way to work with the chakras. As we move through the yoga poses, we are stimulating the different chakras and bringing them into balance.

**Breathwork:** Breathwork is a simple but effective way to work with the chakras. When we breathe deeply and slowly, we are bringing more oxygen into our bodies and stimulating the chakras.

**Mantras:** Mantras are words or phrases that are repeated over and over again. Mantras can be used to focus the mind and to stimulate the chakras.

**Visualization:** Visualization is a powerful tool that can be used to work with the chakras. When we visualize the chakras, we are sending energy to them and helping them to open and balance.

Working with the chakras in Raja Yoga can be a challenging but rewarding process. It takes time, patience, and dedication. But if you are willing to put in the work, you can experience the many benefits of a healthy and balanced chakra system.

Here are some of the benefits of working with the chakras in Raja Yoga:



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

Improved physical health: When the chakras are open and balanced, it is said that we can experience better physical health. We may have more energy, we may sleep better, and we may be less susceptible to illness.

Improved emotional health: When the chakras are open and balanced, it is said that we can experience better emotional health. We may feel more calm, we may be less prone to anxiety and depression, and we may be more emotionally balanced.

Improved spiritual health: When the chakras are open and balanced, it is said that we can experience better spiritual health. We may feel more connected to our higher selves, we may have more spiritual insights, and we may experience a sense of oneness with the universe.

If you are interested in working with the chakras in Raja Yoga, there are a number of resources available to you. You can find books, articles, and websites that offer information on the chakras and how to work with them. You can also find teachers and practitioners who can offer guidance and support.

The opening and balancing of the chakras is a journey, not a destination. It is a process of self-discovery and self-healing. As you work with your chakras, you will come to a deeper understanding of yourself and your place in the world. You will also experience a greater sense of peace, harmony, and well-being.

Here are 5 mantras that assist in balancing the nervous system:

Om Shanti: This mantra is a Sanskrit word that means "peace." It is a powerful mantra that can help to calm the mind and body.

So Hum: This mantra is also a Sanskrit word that means "I am that." It is a mantra that can help to connect us to our inner peace and stillness.

Aum: This mantra is a sacred sound that is said to represent the entire universe. It is a powerful mantra that can help to bring balance and harmony to the nervous system.

Om Mani Padme Hum: This mantra is a Tibetan mantra that means "the jewel in the lotus." It is a mantra that can help to open the heart chakra and promote compassion.

I am calm, I am centered, I am at peace. This mantra is a simple but effective mantra that can help to calm the mind and body.

These are just a few examples of mantras that can assist in balancing the nervous system. There are many other mantras that can be used for this purpose. The most important thing is to find a mantra that resonates with you and that you feel comfortable repeating.

Here are some tips for using mantras to balance the nervous system:

Find a quiet place where you will not be disturbed.

Sit in a comfortable position and close your eyes.

Repeat the mantra slowly and mindfully.

Focus on the meaning of the mantra as you repeat it.

Allow yourself to relax and let go of any thoughts or worries.

Continue repeating the mantra for as long as you like.



You may find that you feel more calm and centered after repeating a mantra. You may also notice that your breathing becomes slower and deeper. If you are feeling stressed or anxious, repeating a mantra can be a helpful way to relax and find peace.

It is important to note that mantras are not a cure-all. They can be a helpful tool for balancing the nervous system, but they should not be used as a substitute for medical treatment. If you are experiencing chronic stress or anxiety, it is important to see a doctor or therapist.

<https://youtu.be/McJTOisUijE>

Here are 3 visualizations that can help to balance the nervous system:

**\*\*1. \*\* Visualizing a calming scene:** This visualization can help to calm the mind and body. Imagine yourself in a calming scene, such as a beach, a forest, or a meadow. Take your time to notice the details of the scene, such as the sounds, the smells, and the colors. As you focus on the scene, allow yourself to relax and let go of any tension.

**\*\*2. \*\* Visualizing a white light:** This visualization can help to bring balance and harmony to the nervous system. Imagine a white light surrounding you. The light is warm and calming, and it fills you with peace. As you focus on the light, allow yourself to relax and let go of any stress or anxiety.

**\*\*3. \*\* Visualizing your nervous system as a river:** This visualization can help to clear blockages and promote the flow of energy in the nervous system. Imagine your nervous system as a river. The river is flowing smoothly and freely, and it is filled with clear, blue water. As you focus on the river, allow any blockages to dissolve and let the energy flow freely.

These are just a few examples of visualizations that can help to balance the nervous system. There are many other visualizations that can be used for this purpose. The most important thing is to find a visualization that resonates with you and that you feel comfortable doing.

Here are some tips for using visualizations to balance the nervous system:

<https://braingardening.com/10-quick-ways-to-activate-your-parasympathetic-nervous-system/>

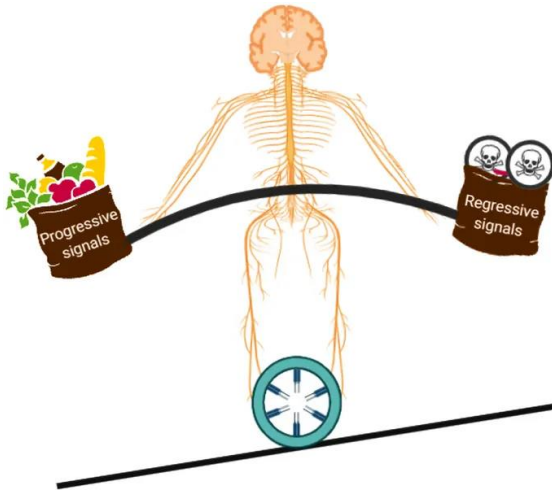
- Find a quiet place where you will not be disturbed.
- Sit in a comfortable position and close your eyes.
- Take a few deep breaths and relax your body.
- Visualize the scene or the image that you have chosen.
- Allow yourself to relax and let go of any thoughts or worries.
- Continue visualizing for as long as you like.

You may find that you feel more calm and centered after visualizing. You may also notice that your breathing becomes slower and deeper. If you are feeling stressed or anxious, visualizing can be a helpful way to relax and find peace.

It is important to note that visualizations are not a cure-all. They can be a helpful tool for balancing the nervous system, but they should not be used as a substitute for medical treatment. If you are experiencing chronic stress or anxiety, it is important to see a doctor or therapist.



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh



Self-care is essential for balancing the nervous system. When we take care of ourselves, we are giving our bodies and minds the resources they need to function at their best. This can help to reduce stress, improve sleep, and boost our overall well-being.

There are many different self-care activities that can help to balance the nervous system. Some of these activities include:

**Exercise:** Exercise is a great way to reduce stress and improve sleep. It also helps to release endorphins, which have mood-boosting effects.

**Healthy eating:** Eating a healthy diet can help to improve energy levels and reduce inflammation. It is also important to

stay hydrated by drinking plenty of water.

**Sleep:** Getting enough sleep is essential for physical and mental health. When we are well-rested, we are better able to cope with stress and manage our emotions.

**Relaxation techniques:** Relaxation techniques such as yoga, meditation, and deep breathing can help to calm the mind and body. These techniques can be especially helpful for people who are experiencing anxiety or stress.

**Social support:** Spending time with loved ones can help to reduce isolation and improve mood. It is also important to have people in our lives who we can talk to about our problems and concerns.

By incorporating self-care into our daily lives, we can help to balance our nervous system and improve our overall well-being.

If you are struggling to cope with stress or anxiety, it is important to seek professional help. A therapist can help you to develop coping strategies and manage your symptoms.

Remember, you are not alone. There are many people who struggle with stress and anxiety. With the right support, you can learn to manage your symptoms and live a healthy and balanced life.

### Pre-Caution

While engaging in any yoga activities, always remember:

Listen to your body. Don't push yourself too hard, and be sure to modify poses as needed.

Use props to help you. Props can be a great way to make poses more accessible and to reduce the risk of injury.

Take breaks. If you're feeling tired or sore, take a break from your practice.

Don't be afraid to ask for help. If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review our guidance on using Yoga for mental health purposes on our website, our guidance on using Yoga for mental health purposes.

### Yoga



## 2024 Self-Care Planner

here are 3 yin yoga asanas to balance the nervous system:



**Supported Child's Pose:** This pose is a great way to release tension in the lower back and hips. To do supported child's pose, kneel on the floor and bring your hips back to your heels. Place your forehead on the ground and extend your arms forward, palms down. You can support your forehead on a block or pillow if needed. Stay in this pose for 3-5 minutes. Yogajala Supported Child's Pose yoga asana

Modifications for child's pose (balasana)

<https://bodypositiveyoga.com/modifications-for-childs-pose-balasana/>

Now, onto the video! Here are some modifications for child's pose (balasana) for those of us in larger bodies or folks that have trouble resting weight on their knees.

[https://player.vimeo.com/video/203215047?dnt=1&app\\_id=122963&wmode=opaque](https://player.vimeo.com/video/203215047?dnt=1&app_id=122963&wmode=opaque)

**Knee to Chest Pose:** This pose is a great way to stretch the hip flexors and relieve stress. To do knee to chest pose, sit on the floor with your legs extended in front of you. Bend your right knee and bring your right foot to your chest. Hold your right foot with both hands and gently pull your knee towards your chest. Stay in this pose for 30 seconds, then repeat on the other side. Yoga Class Plan Knee to Chest Pose yoga asana

### Modifications & Variations



Knees-to-Chest Pose is good for all students, from beginners to advanced practitioners. There should be no pain and very little discomfort when performed. If you need to modify the pose to make it more comfortable, try these simple changes to find a variation that works best for you:

To deepen the stretch, bring your nose to your knees when you're in the full pose.

If your stomach or chest is large, it might be difficult to clasp both hands around your legs. Instead, draw each knee slightly to the side of your body, toward each same-side armpit. Hold onto your shins with each hand, instead of clasping your legs directly over your chest.

If it is still difficult to hold onto your shins, wrap a yoga strap around the soles of your feet with your knees bent. Hold onto the strap with both hands to help draw your knees in closer.

### Tips

Practicing Knees-to-Chest Pose can be calming and comforting. Keep the following information in mind when practicing this pose:

Keep your spine lengthening along the floor all the way through your tailbone. Resist the tendency to let your buttocks and hips lift from the mat. It is more important to have a long spine than to draw your knees tightly in to your chest.

If you have any discomfort in your head or neck, place a firm blanket under your head.



Bound Angle Pose: This pose is a great way to stretch the inner thighs and groin. To do bound angle pose, sit on the floor with your legs extended in front of you. Bend your knees and bring the soles of your feet together. Cross your arms over your shins and hold your elbows with your opposite hands. Gently lean forward from the hips, keeping your spine long. Stay in this pose for 30 seconds. Yoga Basics Bound Angle Pose yoga asana



[https://youtu.be/95qZC\\_avhqk](https://youtu.be/95qZC_avhqk)

These are just a few examples of yin yoga asanas that can help to balance the nervous system. There are many other asanas that can be used for this purpose. The most important thing is to find asanas that feel comfortable and that you can hold for a long period of time.

It is also important to listen to your body and not push yourself too hard. If you feel any pain, simply come out of the pose. Yin yoga is a gentle practice, and it is meant to be restorative. With regular practice, you will start to notice the benefits of yin yoga on your nervous system.

#### Research

Here are 3 academic & scientific articles on why self-care on the nervous system is vital for mindfulness:

The Neuroscience of Mindfulness: How Self-Care on the Nervous System Promotes Well-Being (2017) by Richard J. Davidson, Antoine Lutz, and John D. Teasdale. This article reviews the scientific evidence on the benefits of mindfulness for the nervous system. The authors argue that mindfulness can help to regulate the stress response, improve emotional resilience, and promote well-being. [Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6671286/>]

Self-Care on the Nervous System: A Review of the Literature (2019) by Jennifer M. Aitken, Mark W. Baldwin, and Christopher J. Germer. This article reviews the scientific literature on the benefits of self-care for the nervous system. The authors argue that self-care can help to reduce stress, improve sleep, and boost mood. [Link: <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00301/full>]

The Nervous System and Mindfulness: How Self-Care Can Promote Well-Being (2021) by Susan L. Smalley, Ph.D. This article discusses the relationship between the nervous system and mindfulness. The author argues that mindfulness can help to regulate the nervous system, improve emotional resilience, and promote well-being. [Link: <https://www.psychologytoday.com/us/basics/mindfulness>]

<https://www.psychologytoday.com/us/blog/hope-for-relationships/202306/how-trauma-can-affect-your-body>



# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

HEALTH SELF-CARE

FITNESS SELF -CARE

NOTES TO SELF

## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brush Teeth .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bathe .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get Dressed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go Outside .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smile .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat a healthy breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook a healthy dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take vitamins & medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do something that makes me happy now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down what I am thankful for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down a future goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read 10 pages of a book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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# Habit Tracker

[illegible]



# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
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# Gratitude Tracker

## PEOPLE

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## PLACES

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## THINGS

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## EXPERIENCES

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Notes

[illegible]



# Medication Tracker

[illegible]



*July*  
2024

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Notes & Reminder



# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY

227



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	



**Notes**



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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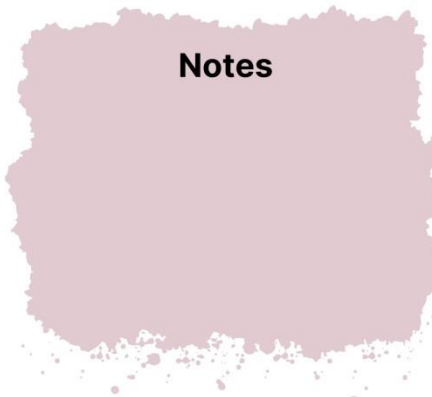
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[illegible]

Nutrition	

Daily Affirmation	



**Notes**



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

## Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES



# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



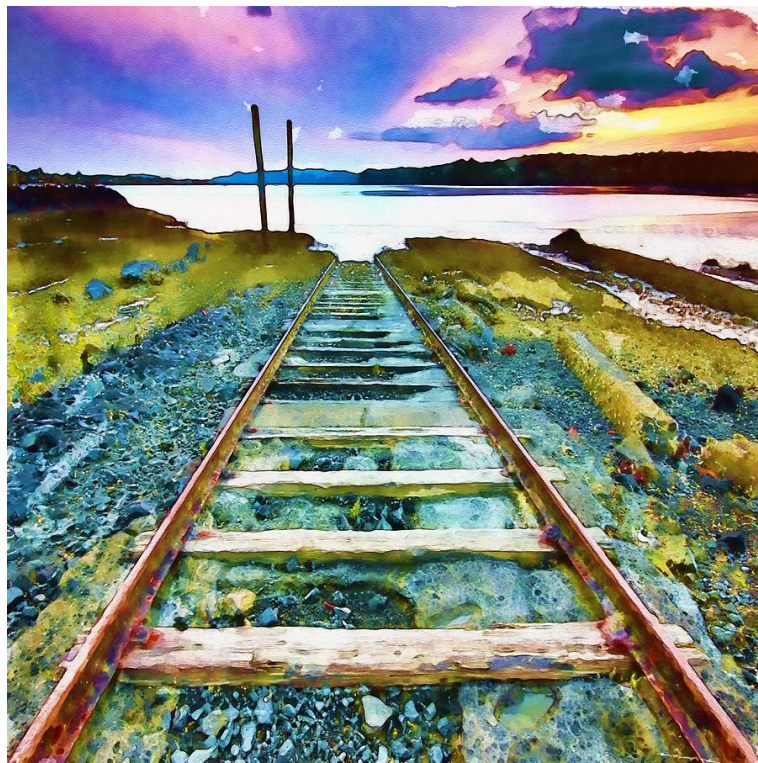
## Don't let the mid-journey blahs derail your progress

"Who turned the train towards this outdated track," asked the coal shovel attendant. "Why this is normal for me," replied Casey Jones, the engineer.

If you're not a Grateful Dead fan, you might not understand the reference. But for those who have experienced trauma or borderline personality disorder, the feeling is familiar. We cling to our "warm comfort" blanket of never changing, because change can be frightening and anxiety-provoking.

This is especially true around the 2-week mark of a new project or routine. This is when the novelty wears off and the real work begins. But it's also when our brains are most receptive to change. Psychologists say that if we can stick to a new routine for 14 days, we can start to build neural pathways in our brains that will make it easier to maintain the habit in the long term.

So if you're feeling stuck or anxious about making a change, remember that you're not alone. And remember that the hardest part is often the first two weeks. Once you get past that, it gets easier.



Watercolor painting of an old, out of use railway track. by [Marian Voicu](#)

For me, I find that it is easy to "self-shit" upon myself on even starting a new self-care routine, when met with normal life obstacles. This scenario plays out like a return black and white tv show.

Giving up now would mean giving up on the freedom I seek. The everyday challenges of life are the perfect time to try out the spiritual practices in my toolbox. Where are my affirmations? My yoga poses? My 20-minute silent meditation? These tools are meant to be used when life's obstacles show up, even when I'm feeling good.

Why we self-sabotage our efforts of self-care when met with obstacles:

### Introduction

Self-care is essential for our physical and mental health. It is the practice of taking steps to nurture and protect ourselves, both physically and emotionally. Self-care can include things like eating healthy foods, getting enough sleep, exercising regularly, and engaging in activities that we enjoy.

However, even when we know that self-care is important, we often find ourselves self-sabotaging our efforts. We may make excuses for not taking care of ourselves, or we may simply give up when we encounter obstacles.

### Why do we self-sabotage?



There are many reasons why we self-sabotage. Some of the most common reasons include:

- **Fear of failure.** We may be afraid that we will not be able to stick to our self-care routine, so we give up before we even start.
- **Low self-esteem.** We may not believe that we deserve to take care of ourselves, so we sabotage our efforts.
- **Past trauma.** If we have experienced trauma in the past, we may be afraid to take care of ourselves because we associate self-care with pain.
- **Addiction.** If we are struggling with addiction, we may use self-sabotage as a way to cope with our addiction.
  - **Negative beliefs.** We may have negative beliefs about ourselves or our ability to take care of ourselves, which can lead to self-sabotage.



### How to overcome self-sabotage

If you are struggling with self-sabotage, there are things you can do to overcome it. Here are a few tips:

- **Identify your triggers.** What are the things that make you most likely to self-sabotage? Once you know your triggers, you can start to develop strategies for dealing with them.
- **Challenge your negative beliefs.** If you have negative beliefs about yourself or your ability to take care of yourself, challenge them. Ask yourself if there is any evidence to support these beliefs.
- **Set realistic goals.** Don't try to do too much too soon. Start with small, achievable goals, and gradually increase your commitment to self-care.
- **Find a support system.** Having people who support your self-care efforts can make a big difference. Find a friend, family member, therapist, or support group who can help you stay on track.
- **Be patient.** It takes time and effort to overcome self-sabotage. Be patient with yourself, and don't give up.

### Conclusion

Self-sabotage is a common problem, but it is one that can be overcome. By identifying your triggers, challenging your negative beliefs, setting realistic goals, finding a support system, and being patient, you can overcome self-sabotage and start taking care of yourself the way you deserve.

In addition to the tips above, here are some other things you can do to overcome self-sabotage:

- **Practice self-compassion.** Be kind to yourself and forgive yourself for your mistakes.
- **Focus on the positive.** Pay attention to the things you are doing well, and celebrate your accomplishments.
- **Take breaks.** Don't try to do too much at once. Take breaks throughout the day to relax and recharge.
- **Reward yourself.** When you reach a goal, reward yourself with something you enjoy.

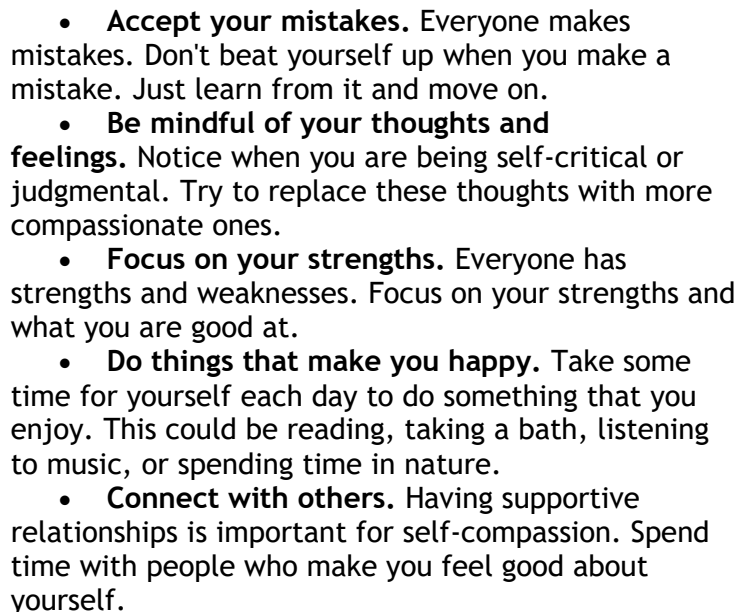
Remember, self-care is an ongoing journey. There will be ups and downs, but if you keep at it, you will eventually reach your goals.



Self-compassion is the practice of being kind and understanding towards oneself, even in difficult times. It is about accepting our mistakes and shortcomings without judgment, and treating ourselves with the same kindness and compassion that we would treat a friend.

## How to practice self-compassion

- **Be kind to yourself.** Talk to yourself the way you would talk to a friend. Be patient, understanding, and forgiving.



## Self-compassion in self-care routine

## Self-compassion

can be incorporated into our self-care routine in many ways. Here are a few ideas:

- **Make time for self-reflection.** Take some time each day to reflect on your thoughts and feelings. Notice how you are treating yourself. Are you being kind and compassionate? Or are you being self-critical and judgmental?





### **Dharma Seeds Yoga Press ~ Deva Hardeep Singh**

- **Set realistic goals.** Don't try to do too much too soon. Start with small, achievable goals, and gradually increase your commitment to self-care.
- **Reward yourself for your efforts.** When you reach a goal, reward yourself with something you enjoy. This will help you to stay motivated and on track.
- **Be patient with yourself.** It takes time and effort to develop self-compassion. Don't get discouraged if you don't see results immediately. Just keep practicing, and you will eventually get there.

### **Conclusion**

Self-compassion is an important part of self-care. When we practice self-compassion, we are more likely to take care of our physical and mental health, and we are more likely to cope with stress and difficult emotions in a healthy way. There are many ways to practice self-compassion, and the most important thing is to find what works for you. So start practicing self-compassion today, and see how it can improve your life.

In addition to the tips above, here are some other things you can do to practice self-compassion in your self-care routine:

- Take a warm bath or shower.
- Listen to calming music.
- Read a book or magazine.
- Meditate or do yoga.
- Spend time in nature.
- Get a massage.
- Do something creative.
- Spend time with loved ones.

Remember, self-compassion is not about being perfect. It's about being kind to yourself, even when you make mistakes. So be gentle with yourself, and give yourself the care and compassion that you deserve.

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How to practice rewarding ourselves in our own self-care routine:

### **Introduction**

Rewarding ourselves is an important part of self-care. It helps us to stay motivated and on track, and it also helps us to feel good about ourselves. When we reward ourselves for our efforts, we are essentially telling ourselves that we are worth it.

There are many ways to reward ourselves. Here are a few tips:

- **Do something we enjoy.** This could be anything from watching our favorite movie to going out to eat.
- **Buy ourselves something small.** This could be a new book, a piece of jewelry, or a scented candle.
- **Spend time with loved ones.** This is a great way to connect with the people who matter most to us.
- **Do something for ourselves that we wouldn't normally do.** This could be taking a dance class, going for a hike, or getting a massage.

### **Rewarding ourselves in our self-care routine**

Rewarding ourselves can be incorporated into our self-care routine in many ways. Here are a few ideas:



## 2024 Self-Care Planner

- **Set goals for ourselves.** When we reach a goal, we can reward ourselves with something we enjoy.
- **Track our progress.** When we see how far we have come, it can motivate us to keep going.
- **Make a list of things we enjoy.** This will make it easier to choose rewards that we will actually appreciate.
- **Be creative with our rewards.** There are no rules when it comes to rewarding ourselves. We can get creative and find rewards that are unique to us.

### The importance of rewarding ourselves

Rewarding ourselves is important for several reasons. First, it helps us to stay motivated and on track with our self-care goals. When we know that we are going to be rewarded for our efforts, we are more likely to stick with our self-care routine.

Second, rewarding ourselves helps us to feel good about ourselves. When we reward ourselves for our accomplishments, we are essentially telling ourselves that we are worth it. This can boost our self-esteem and make us feel more confident.

Finally, rewarding ourselves can help us to enjoy our self-care routine more. When we know that we are going to be rewarded for taking care of ourselves, we are more likely to look forward to our self-care activities.

### How to choose the right rewards

When choosing rewards, it is important to choose things that we will actually enjoy. If we choose rewards that we don't care about, we are less likely to be motivated to reach our goals.

It is also important to choose rewards that are appropriate for our self-care goals. For example, if our goal is to eat healthier, we might reward ourselves with a new cookbook or a healthy meal at our favorite restaurant.

Finally, it is important to be creative with our rewards. There are no rules when it comes to rewarding ourselves. We can get creative and find rewards that are unique to us.

### Conclusion

Rewarding ourselves is an important part of self-care. It helps us to stay motivated and on track, and it also helps us to feel good about ourselves. When we reward ourselves for our efforts, we are essentially telling ourselves that we are worth it.

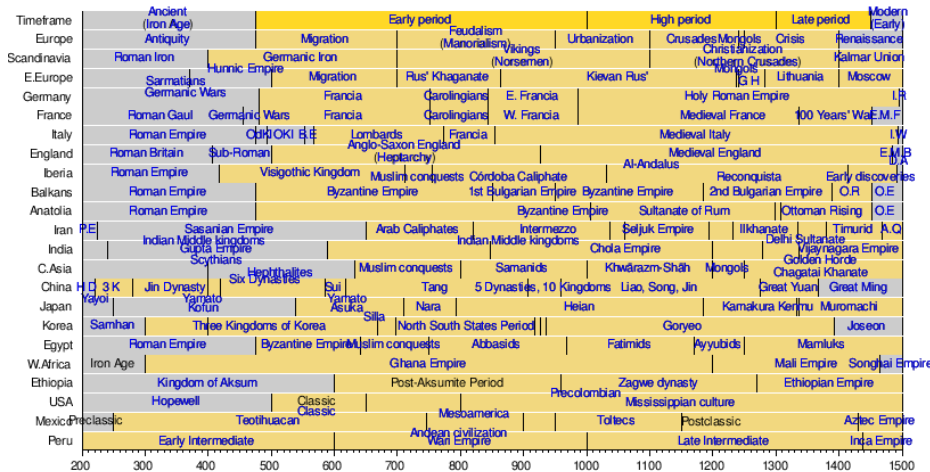
There are many ways to reward ourselves. The most important thing is to find things that we will actually enjoy. And, if we are creative, we can find rewards that are unique to us. So next time we reach a self-care goal, be sure to reward ourselves!

**In addition to the tips above, here are some other things to keep in mind when rewarding ourselves:**

- **Make sure the rewards are aligned with our values.** If we value health and wellness, for example, we might reward ourselves with a new yoga mat or a healthy meal delivery service.
- **Avoid using rewards as a replacement for self-care.** Rewards should be used to celebrate our accomplishments, not as a way to avoid taking care of ourselves.
- **Don't be afraid to ask for help.** If we're struggling to come up with rewards that we'll actually enjoy, we can ask friends, family, or a therapist for suggestions.



Remember, rewarding ourselves is a way to show ourselves that we're worth it. So next time we reach a self-care goal, be sure to give ourselves a pat on the back (and maybe even a little treat)!



[https://en.wikipedia.org/wiki/Timeline\\_of\\_post-classical\\_history](https://en.wikipedia.org/wiki/Timeline_of_post-classical_history)

The Mahayana meditation technique I was taught in the early 1990s is almost 3,000 years old. It is the best form of mental cessation I have ever learned. However, my

mentor said that when your spiritual routine becomes too rigid, it is time to take a break from it. This is why yoga practitioners use the body scan method to check in with themselves.

Here are 25 mindfulness options for taking a break:

1. **Take a few deep breaths.** This is a simple but effective way to calm down and center yourself.
2. **Listen to calming music.** This can help you to relax and de-stress.
3. **Meditate or do yoga.** These practices can help you to focus on the present moment and let go of stress.
4. **Spend time in nature.** Being in nature can help you to feel grounded and connected.
5. **Take a walk or a hike.** This is a great way to get some exercise and clear your head.
6. **Read a book or magazine.** This can help you to escape from the stresses of everyday life.
7. **Watch a funny movie or TV show.** This can help you to relax and laugh.
8. **Spend time with loved ones.** Connecting with loved ones can help you to feel supported and loved.
9. **Do something creative.** This can help you to express yourself and let go of stress.
10. **Take a hot bath or shower.** This can help you to relax and unwind.
11. **Get a massage.** This is a great way to relieve tension and stress.
12. **Do some gentle stretching.** This can help you to feel more relaxed and flexible.
13. **Listen to a guided meditation.** This can help you to focus on the present moment and let go of stress.
14. **Practice gratitude.** Taking some time to appreciate the good things in your life can help you to feel more positive and relaxed.
15. **Journal about your thoughts and feelings.** This can help you to process your emotions and gain some clarity.
16. **Do something that makes you laugh.** Laughter is a great way to relieve stress and improve your mood.
17. **Take a nap.** This can help you to recharge and feel refreshed.
18. **Do something that you enjoy.** This could be anything from reading to playing a game to spending time with your pet.
19. **Take some time for yourself.** This could mean going for a walk, taking a bath, or just sitting in silence.
20. **Be kind to yourself.** This means accepting yourself for who you are and treating yourself with compassion.
21. **Give yourself permission to relax.** You don't have to be productive all the time.



## 2024 Self-Care Planner

22. **Don't be afraid to ask for help.** If you're feeling overwhelmed, don't be afraid to ask a friend, family member, or therapist for help.
23. **Remember, you're not alone.** Everyone feels stressed sometimes.
24. **Be patient with yourself.** It takes time to learn how to relax and de-stress.
25. **Enjoy the break!** You deserve it.

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### Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

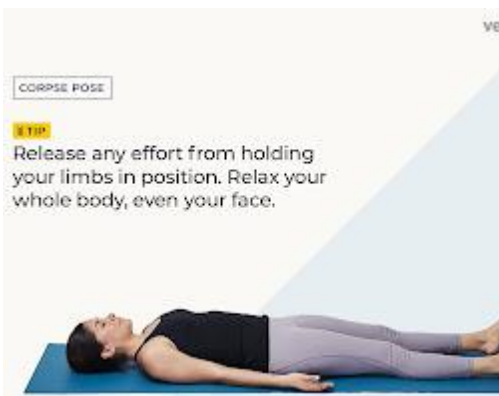
**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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### Yoga

Here are 4 esoteric Raja yoga asanas that are good to stop self-sabotage actions:

- **Savasana:** This is a resting pose that can help to calm the mind and body. It is a great way to relax and de-stress, which can help to reduce self-sabotaging tendencies. [Verywell Fit](#) Savasana yoga asana



<https://www.doyou.com/10-must-know-savasana-variations/>



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- **Padmasana:** This is a seated pose that is said to promote concentration and focus. It can help to clear the mind and make it easier to resist self-sabotaging thoughts and behaviors. [PharmEasy](#) Padmasana yoga asana



Variations on this asana. <https://youtu.be/-ugd0ZMnga0>

- **Dandasana:** This is a sitting pose that is said to promote strength and stability. It can help to build confidence and self-esteem, which can make it less likely to self-sabotage. [WorkoutLabs](#) Dandasana yoga asana

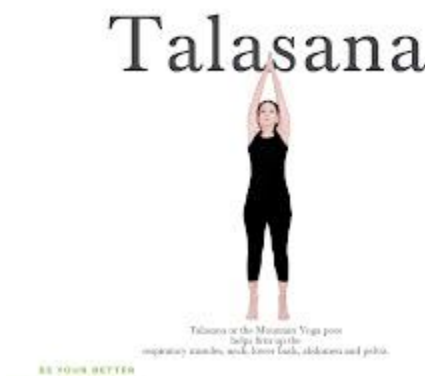
Yoga Sequence Builder

© Tummee.com



### Variations

- **Talasana:** This is a balancing pose that is said to promote focus and determination. It can help to develop the ability to stay on track and resist giving up, even in the face of challenges. [The Yoga Institute](#) Talasana yoga asana



<https://theyogainstitute.org/talasana-the-palm-tree-posture/>

It is important to note that these are just a few examples of esoteric Raja yoga asanas that can be helpful for stopping self-sabotage. The best asanas for you will depend on your individual needs and preferences. It is also important to practice these asanas under the guidance of a qualified instructor.



## Experiential Ending

Lie down or sit up comfortably with your palms facing up on your lap. Imagine that you are holding your self-sabotaging feelings cupped in your hands. Look at your hands and see your feelings there.

Say to your feelings, "I love you. I honor you. I let you be. But for now, I need to set you aside for self-care purposes."

Hold this thought in your mind's eye for as long as you need. When you are ready, open your eyes.

Here are some additional things to keep in mind when doing this exercise:

- **Be gentle with yourself.** This is a powerful exercise, so it is important to be gentle with yourself. If you feel any resistance, that is okay. Just take a few deep breaths and continue.
- **Be present.** As you are holding your feelings in your hands, try to be present with them. Notice what they feel like, what they look like, and what they smell like.
- **Be open to letting go.** When you are ready, let go of your feelings. You can imagine them floating away or dissolving into the air.

Here are some additional tips for stopping self-sabotage:

- **Identify your triggers:** What are the things that typically trigger your self-sabotaging behaviors? Once you know your triggers, you can start to develop strategies for coping with them in a healthy way.
- **Challenge your negative thoughts:** When you start to have negative thoughts about yourself or your abilities, challenge them. Ask yourself if there is any evidence to support these thoughts.
- **Focus on your strengths:** Everyone has strengths. Focus on your strengths and what you are good at. This will help you to build confidence and self-esteem, which can make it less likely to self-sabotage.
- **Set realistic goals:** Don't set yourself up for failure by setting unrealistic goals. Set small, achievable goals that you can gradually work towards.
- **Be patient with yourself:** It takes time to change your patterns of self-sabotage. Be patient with yourself and don't give up.

If you are struggling with self-sabotage, it is important to seek professional help. A therapist can help you to identify your triggers, challenge your negative thoughts, and develop healthy coping mechanisms.

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## Research

Here are 4 academic and scientific articles on using mindfulness techniques to subdue self-sabotage techniques:

- **"The Effects of Mindfulness Meditation on Self-Sabotage"** by Christopher Germer, Ronald Siegel, and Paul Fulton (2013). This article reviews the research on the effects of mindfulness meditation on self-sabotage. The authors conclude that mindfulness meditation can help to reduce self-sabotage by increasing self-awareness, reducing negative thoughts, and promoting acceptance. [ProKensho Effects of Mindfulness Meditation on Self-Sabotage article](#)
- **"Mindfulness-Based Interventions for Self-Sabotage"** by Rebecca Crane and Christopher Germer (2015). This article provides an overview of mindfulness-based interventions for self-sabotage. The authors discuss the different types of mindfulness-based interventions, the mechanisms by which

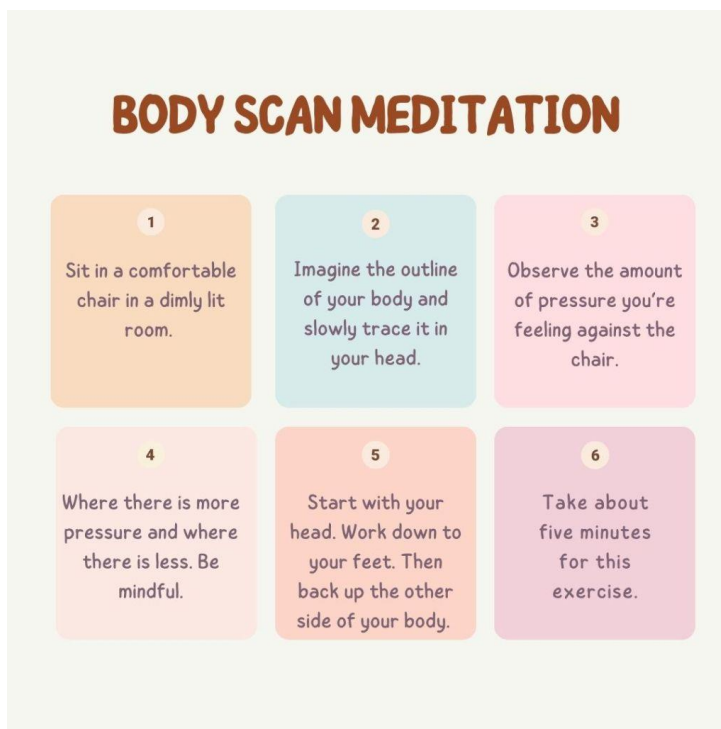


they work, and the evidence for their effectiveness. [Amazon.com](#) Mindfulness-Based Interventions for Self-Sabotage article

- **"The Role of Mindfulness in Overcoming Self-Sabotage"** by Lindsay G. Cushen and James D. Ford (2017). This article examines the role of mindfulness in overcoming self-sabotage. The authors discuss the relationship between mindfulness and self-awareness, negative thoughts, and self-compassion. They also discuss the evidence for the effectiveness of mindfulness-based interventions for self-sabotage. [ProKensho](#) Role of Mindfulness in Overcoming Self-Sabotage article
- **"Mindfulness as a Treatment for Self-Sabotage"** by Christopher Germer and Kristin Neff (2018). This article provides an overview of the use of mindfulness as a treatment for self-sabotage. The authors discuss the different ways in which mindfulness can be used to reduce self-sabotage, and they provide practical exercises that readers can use to develop their mindfulness skills. [Amazon.com](#) Mindfulness as a Treatment for Self-Sabotage article

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## Resources



[therapists](#)

- [PTSD resources](#)
- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/>

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For more information on our Engage Mindfulness please email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)





## Dharma Seeds Yoga

- was founded by Deva Hardeep Singh.
- "Dharma Seeds Yoga is a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly and respect all spiritual paths."
- "We offer a variety of yoga classes that are designed to help you connect with your inner peace and well-being. Our classes are open to people of all faiths and backgrounds."



## Chakras

- I will attempt to keep my chakras balanced
- I will use my spiritual practices to align my chakras and achieve my highest potential
- Intuitively grow my awareness of using my chakras for my highest potential
- I agree to utilize a body scan as often as is needed
- I will love and listen to my Inner SELF



## ENGAGE Mindfulness

## DHARMA SEEDS YOGA

*Trauma-informed yoga*



## Conference of Engagement

### Agreement

- To embody my spiritual practice(s)
- To educate myself on Mindfulness
- To Honor/Care for Myself First
- Serve my community through my practice
- Deepen my spiritual connection



## Mindful Martial Artist™

Mindfulness - The Minds Martial Art™ by Dharma Seeds Yoga,



## Signed

Date \_\_\_\_\_

Print Legal Name \_\_\_\_\_

Spiritual Name Option \_\_\_\_\_



## Contact Us

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# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

## HEALTH SELF-CARE

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## FITNESS SELF -CARE

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## NOTES TO SELF

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## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Habit Tracker

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# Routine Tracker

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# Pampering Checklist

## Plan Your Pampering Checklist

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# Gratitude Tracker

**PEOPLE**

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**PLACES**

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**THINGS**

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# Wellness Goals

## MIND GOALS

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## BODY GOALS

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## OTHER GOALS

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## To Do List

[illegible]



# Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing. There are no margins, text, or other markings on the page.



# Medication Tracker

[illegible]



# August

## 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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# Weekly Planner

WEEK OF:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

## Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

## ACTS OF SELF CARE

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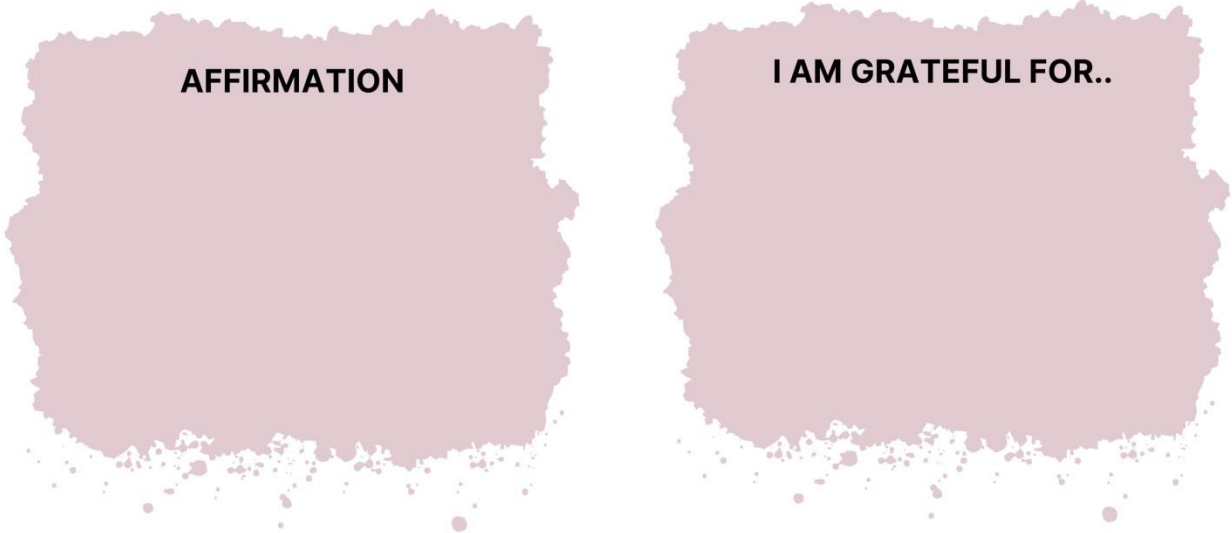
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**AFFIRMATION**

**I AM GRATEFUL FOR..**



**Ideas**

**Action**

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## Self-care is the key to unlocking your best self

Self-care is the practice of taking actions that promote your physical, mental, and emotional health. It can include anything from getting enough sleep to eating healthy foods to spending time in nature. When you engage in self-care, you are taking steps to care for yourself and your well-being.



There are many reasons why self-care is important. **First**, self-care can help you to reduce stress and anxiety. When you are stressed, your body releases hormones that can have a negative impact on your physical and mental health. Self-care can help to reduce stress by giving you a chance to relax and de-stress.

**Second**, self-care can help you to improve your mood. When you take care of yourself, you are sending a message to your brain that you are important and worthy of care. This can help to improve your mood and reduce feelings of depression and anxiety.

**Third**, self-care can help you to boost your energy levels. When you are well-rested and well-nourished, you have more energy to do the things you love. This can help you to be more productive and engaged in your life.

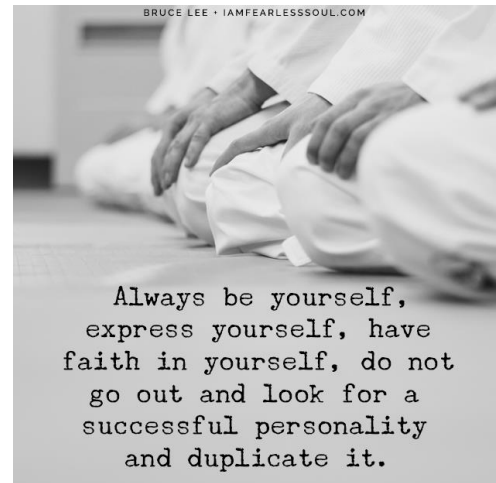
**Fourth**, self-care can help you to build resilience. When you are able to take care of yourself, you are better able to cope with stress and challenges. This can help you to bounce back from setbacks and persevere in the face of adversity.

**Fifth**, self-care can help you to connect with your inner wisdom. When you take time for yourself, you are giving yourself a chance to listen to your intuition and inner guidance. This can help you to make better decisions and live a more fulfilling life.

In short, self-care is essential for your physical, mental, and emotional health. It can help you to reduce stress, improve your mood, boost your energy levels, build resilience, and connect with your inner wisdom. When you take care of yourself, you are investing in your own well-being and unlocking your best self.

Here are some specific examples of self-care practices that can help you to unlock your best self:

- **Get enough sleep.** Most adults need around 7-8 hours of sleep per night. When you are well-rested, you have more energy and are better able to focus and concentrate.
- **Eat healthy foods.** Eating a healthy diet can help to improve your mood, boost your energy levels, and reduce your risk of chronic diseases.
- **Exercise regularly.** Exercise is a great way to reduce stress, improve your mood, and boost your energy levels. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Spend time in nature.** Being in nature has been shown to have a number of benefits for mental and physical health. Take some time each day to go for a walk in the park, sit in your backyard, or just enjoy the view from your window.





### Dharma Seeds Yoga Press ~ Deva Hardeep Singh

- **Do things you enjoy.** Make time for activities that you find enjoyable, whether it's reading, listening to music, spending time with loved ones, or pursuing a hobby. Doing things you enjoy can help to reduce stress, improve your mood, and boost your overall well-being.
- **Practice mindfulness.** Mindfulness is the practice of paying attention to the present moment without judgment. There are many different ways to practice mindfulness, such as meditation, yoga, or simply taking a few minutes each day to focus on your breath. Mindfulness can help to reduce stress, improve your mood, and boost your self-awareness.

Self-care is an ongoing journey. There will be times when you are better at it than others. But the important thing is to keep trying. The more you practice self-care, the easier it will become and the more benefits you will reap.

**So if you are looking to unlock your best self, start by taking care of yourself.** Make self-care a priority in your life and see the difference it makes.



I hope by now you are beginning to embody your self-care routine. Remember, each person's self-care routine is unique to them. We have to believe that we are worthy of self-care. We must practice science in testing what works and what doesn't work for us. We get far more out of our spiritual practice when we put in the same amount of effort.

**Here are some specific things to keep in mind when creating your own self-care routine:**

- **Make it personal.** Your self-care routine should be something that you enjoy and that fits your individual needs. There is no one-size-fits-all approach to self-care.
- **Be flexible.** Your self-care routine may need to change over time as your needs change. Don't be afraid to adjust your routine as needed.
- **Be patient.** It takes time to develop a self-care routine that works for you. Don't get discouraged if you don't see results immediately. Just keep at it and you will eventually find what works for you.

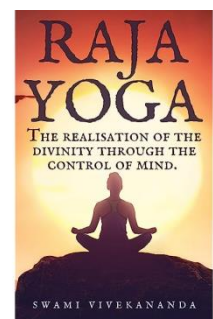
**Here are some additional tips for incorporating self-care into your life:**

- **Make it a priority.** Schedule time for self-care in your day or week, just like you would any other important appointment.
- **Find a supportive community.** Talk to friends, family, or a therapist about your self-care journey. They can offer support and encouragement.
- **Don't be afraid to ask for help.** If you are struggling to create or maintain a self-care routine, there are resources available to help you. Talk to your doctor, a therapist, or a certified life coach.

**The esoteric value of practicing self-care with Raja Yoga:**

#### Introduction

Raja Yoga is a system of yoga that emphasizes the development of the mind and consciousness. It is a path of self-realization that involves a number of different practices, including meditation, pranayama (breathwork), and asanas (physical postures).





## 2024 Self-Care Planner

Self-care is the practice of taking actions that promote your physical, mental, and emotional health. It can include anything from getting enough sleep to eating healthy foods to spending time in nature. When you engage in self-care, you are taking steps to care for yourself and your well-being.

The esoteric value of practicing self-care with Raja Yoga is that it can help you to connect with your true self and to experience a deeper level of peace and well-being. When you take care of your physical, mental, and emotional needs, you are creating the foundation for spiritual growth.

### The Benefits of Self-Care

There are many benefits to practicing self-care, both physical and psychological. Some of the physical benefits of self-care include:

- Improved sleep
- Increased energy levels
- Reduced stress
- Improved digestion
- Stronger immune system

Some of the psychological benefits of self-care include:

- Increased self-esteem
- Reduced anxiety and depression
- Improved mood
- Increased focus and concentration
- Enhanced creativity

### How Raja Yoga Can Help You to Practice Self-Care

Raja Yoga can help you to practice self-care in a number of ways. First, the practices of meditation and pranayama can help you to reduce stress and anxiety. This can make it easier for you to relax and to take care of your physical and emotional needs.

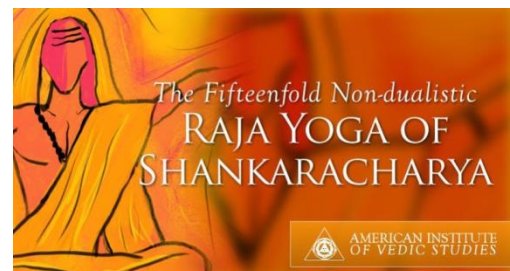
Second, the asanas of Raja Yoga can help you to improve your physical health. This can give you more energy and vitality, which can make it easier for you to engage in self-care activities.

Third, the philosophy of Raja Yoga can help you to develop a deeper understanding of yourself and your needs. This can help you to make more informed decisions about how to take care of yourself.

[Link](#)

### The Esoteric Value of Self-Care

The esoteric value of self-care is that it can help you to connect with your true self. When you take care of your physical, mental, and emotional needs, you are creating the foundation for spiritual growth.



In Raja Yoga, the true self is often referred to as the "purusha" or the "inner light." The purusha is the eternal essence of who you are, beyond your physical body, your thoughts, and your emotions.



When you practice self-care, you are creating the conditions for the purusha to shine through. You are clearing away the clutter of the mind and the body, so that you can experience the peace and joy of your true nature.

## Conclusion

The esoteric value of practicing self-care with Raja Yoga is that it can help you to connect with your true self and to experience a deeper level of peace and well-being. When you take care of your physical, mental, and emotional needs, you are creating the foundation for spiritual growth.

If you are interested in learning more about Raja Yoga and self-care, there are many resources available. You can find books, articles, and online courses that can teach you the basics of these practices. You can also find teachers who can guide you on your journey.

I hope this essay has given you a better understanding of the esoteric value of practicing self-care with Raja Yoga. If you are interested in learning more, I encourage you to explore these practices for yourself. You may be surprised at how much they can benefit you.

**When discussing self-care, I cannot overlook the importance of not participating in suicidal thoughts.** I have lost a double-cousin, a high school friend, and a church youth peer to suicide, and I can tell you firsthand that it leaves behind too many unanswered questions. These questions cannot be answered because the person is now dead.

The unanswered questions directly affect your children. According to [John Hopkins Medicine](#) children who lose a parent to suicide are more likely to die by suicide themselves. We may personally identify with our childhood traumas as the cause of our own dysfunction in adulthood. However, there is no reason to have your last act be one that causes extensive trauma.

**If you are having suicidal thoughts, please reach out to your support group, therapist, or clergy of any faith or tradition. You are not alone, and there is help available.**



Here are some additional tips for getting help if you are having suicidal thoughts:

- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Go to your nearest emergency room.** The staff at the emergency room can assess your situation and provide you with the help you need.

- **Talk to your doctor.** Your doctor can refer you to a therapist or other mental health professional who can help you.

**Remember, you are not alone. There is help available, and you don't have to go through this alone**





## How self-care can boost your energy levels:

### Introduction

Self-care is the practice of taking actions that promote your physical, mental, and emotional health. It can include anything from getting enough sleep to eating healthy foods to spending time in nature. When you engage in self-care, you are taking steps to care for yourself and your well-being.

One of the benefits of self-care is that it can boost your energy levels. When you take care of your physical, mental, and emotional needs, you are giving your body and mind the resources they need to function at their best. This can lead to increased energy levels, improved focus and concentration, and a better overall sense of well-being.

### How Self-Care Boosts Energy Levels

There are a number of ways that self-care can boost your energy levels. Here are some of the most important:

- **Getting enough sleep.** When you don't get enough sleep, you are more likely to feel tired and run down. Getting enough sleep gives your body the time it needs to rest and repair itself, which can lead to increased energy levels.
- **Eating healthy foods.** Eating a healthy diet gives your body the nutrients it needs to function at its best. This can help to improve your overall energy levels and reduce fatigue.
- **Exercising regularly.** Exercise is a great way to boost your energy levels. When you exercise, your body releases endorphins, which have mood-boosting and energy-boosting effects.
- **Managing stress.** Stress can drain your energy levels. When you are stressed, your body releases hormones that can make you feel tired and fatigued. Finding ways to manage stress, such as through relaxation techniques or meditation, can help to improve your energy levels.
- **Taking breaks.** When you are feeling tired, it is important to take breaks. Taking breaks gives your body and mind a chance to rest and recharge. This can help to improve your energy levels and prevent you from feeling overwhelmed.

### Conclusion

Self-care is an important part of maintaining your overall health and well-being. By taking care of your physical, mental, and emotional needs, you can boost your energy levels and improve your overall quality of life.

### Here are some additional tips for boosting your energy levels through self-care:

- **Set boundaries.** Learn to say no to commitments that will drain your energy.
- **Spend time in nature.** Being in nature has been shown to have a number of benefits for energy levels, including reducing stress and improving mood.
- **Listen to your body.** Pay attention to your body's signals and rest when you need to.
- **Do things you enjoy.** Make time for activities that you find enjoyable and that give you a sense of purpose.
- **Connect with others.** Social connection is important for energy levels. Make time for friends, family, and other supportive people in your life.

If you are struggling with low energy levels, there are a number of resources available to help you. Talk to your doctor, a therapist, or a certified life coach. They can help you to develop a self-care plan that is right for you.



## Using resilience to train yourself in self-care:

### Introduction

Resilience is the ability to bounce back from adversity. It is the ability to cope with stress and challenges and to maintain a sense of well-being. Self-care is the practice of taking actions that promote your physical, mental, and emotional health. It is the act of taking care of yourself.

Resilience and self-care are closely related. When you are resilient, you are better able to cope with stress and challenges. This can make it easier to incorporate self-care into your life. When you engage in self-care, you are taking steps to improve your resilience. This can make you better able to cope with future challenges.

### How Resilience Can Help You to Practice Self-Care

There are a number of ways that resilience can help you to practice self-care. Here are some of the most important:

- **Resilience helps you to identify your needs.** When you are resilient, you are better able to identify your needs. This means that you are more likely to know what you need to do to take care of yourself.
- **Resilience helps you to set boundaries.** When you are resilient, you are better able to set boundaries. This means that you are more likely to say no to things that are not good for you.
- **Resilience helps you to cope with stress.** When you are resilient, you are better able to cope with stress. This means that you are more likely to engage in self-care when you are feeling stressed.
- **Resilience helps you to bounce back from setbacks.** When you are resilient, you are better able to bounce back from setbacks. This means that you are more likely to continue to practice self-care even when you experience setbacks.

### How Self-Care Can Help You to Become More Resilient

Self-care can also help you to become more resilient. Here are some of the ways that self-care can help you to become more resilient:

- **Self-care helps you to manage stress.** When you manage stress, you are better able to cope with challenges. This can make you more resilient.
- **Self-care helps you to build your self-esteem.** When you have high self-esteem, you are better able to cope with challenges. This can make you more resilient.
- **Self-care helps you to connect with your inner resources.** When you connect with your inner resources, you are better able to cope with challenges. This can make you more resilient.
- **Self-care helps you to develop a positive outlook.** When you have a positive outlook, you are better able to cope with challenges. This can make you more resilient.

### Conclusion

Resilience and self-care are two important concepts that are closely related. When you are resilient, you are better able to practice self-care. When you engage in self-care, you are helping yourself to become more resilient. By working on both of these concepts, you can improve your overall well-being and ability to cope with challenges.

The following graphic pertains to nurses. But the 7 C's are at the root of all resilience work. To be resilient we must be: **Control, Competent, Coping, Confidence, Connect, Character, Contribution.** All of these adjectives form the basis of all resiliency.



Here are 7 examples of resilient trainings with self-care:

Uppincamp  
NursingCenter

## The 7 Cs of Resilience

Let's break down these 7 Cs and their relevance for clinicians facing COVID-19.

- ### 1. Control



Though we can't control the actions of others, we do have the responsibility as nurses to inform and educate. And when we don't agree with the actions of others, we can control our reactions to it; this is important for our own well-being.
- ### 2. Competence



As we learn more about this virus, we have to share our experiences and base our care on the evidence as it unfolds. Staying updated on the disease process and management recommendations is essential.
- ### 3. Coping



This is a stress like none of us have ever experienced. Think about how you cope best – talking about your experiences, exercising, meditation, journaling?
- ### 4. Confidence



Be confident that we will get through this. Also, build confidence among your teammates, whether by praising or celebrating successes, or providing encouragement. It can go a long way.
- ### 5. Connection



As visitors are restricted in many facilities, you are keeping people updated and in touch. Also, our own connections with family and friends are much different now as we rely more on technology and less on touch. Make the effort to keep up with those connections.
- ### 6. Character



The public is certainly getting a glimpse into the character of those on the frontlines of care. Be proud of the work you are doing. Your integrity and your commitment to care exemplify the nursing profession.
- ### 7. Contribution



The contributions you are making are immeasurable. Your work, whether on the frontlines on the COVID-19 floors, making administrative decisions, or supporting patients in the community, is making a difference.

Reference: Ginsburg, K. (2011). Building Resilience in Children and Teens: Giving Kids Roots and Wings. Illinois: American Academy of Pediatrics.

1. **Mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. It can help you to become more aware of your thoughts, feelings, and sensations. This can help you to cope with stress and difficult emotions. There are many different ways to practice mindfulness, such as meditation, yoga, and simply taking a few minutes each day to focus on your breath.

[Frontiers](#) Mindfulness resilient training with self-care

2. **Exercise:** Exercise is a great way to reduce stress and improve your mood. It can also help you to sleep better and have more energy. When you exercise, your body releases endorphins, which have mood-boosting and pain-relieving effects. There are many different types of exercise that you can do, such as walking, running, swimming, and dancing. [Seattle Anxiety Specialists, PLLC](#) Exercise resilient training with self-care

3. **Healthy eating:** Eating a healthy diet can help you to feel better physically and mentally. When you eat healthy foods, you are giving your body the nutrients it needs to function at its best. This can help you to have more energy, improve your mood, and reduce stress. There are many different ways to eat healthy, such as following a balanced diet or a specific diet plan, such as the Mediterranean diet or the DASH diet. [Process Street](#) Healthy eating resilient training with self-care

4. **Sleep:** Getting enough sleep is essential for your physical and mental health. When you don't get enough sleep, you are more likely to feel tired, irritable, and stressed. You are also more likely to make poor decisions and have accidents. Most adults need around 7-8 hours of sleep per night. [Seattle Anxiety Specialists, PLLC](#) Sleep resilient training with self-care

5. **Social support:** Social support is important for your resilience. When you have people who care about you and who you can talk to, you are better able to cope with stress and challenges. There are many different ways to build social support, such as spending time with friends and family, joining a support group, or volunteering. [Frontiers](#) Social support resilient training with self-care

6. **Positive thinking:** Positive thinking can help you to stay motivated and optimistic, even in difficult times. When you focus on the positive aspects of your life, you are less likely to be overwhelmed by stress and challenges. There are many different ways to practice positive thinking, such as keeping a gratitude journal or reading inspirational books. [Frontiers](#) Positive thinking resilient training with self-care

7. **Gratitude:** Gratitude is the practice of appreciating the good things in your life. When you focus on the things that you are grateful for, it can help you to feel more positive and optimistic. There are many different ways to practice gratitude, such as keeping a gratitude journal or simply taking a



few minutes each day to think about the things that you are grateful for. [The University of Kansas Health System](#) Gratitude resilient training with self-care

These are just a few examples of resilient trainings with self-care. There are many other things that you can do to improve your resilience and well-being. The most important thing is to find what works for you and to make self-care a priority in your life.

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## Pre-Caution

While engaging in any yoga activities, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

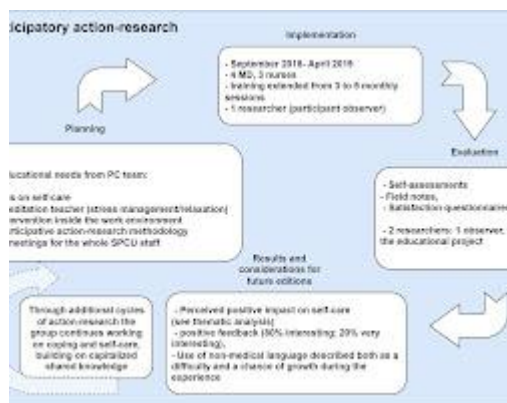
**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes. <https://dharmaseedsyoga.wordpress.com/control/>

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## Research

Here are 3 academic and scientific articles on why we must use resiliency with self-care mindfulness work:

1. **Resilience and Self-Care: A Review of the Literature** [Frontiers](#) Resilience and Self-Care: A Review of the Literature academic article



- **Authors:** Emily A. Neff, PhD, and Christopher Germer, PhD
- **Journal:** Journal of Clinical Psychology
- **Published:** 2018
- **Abstract:** This article reviews the literature on resilience and self-care, and discusses how these two concepts can be integrated to promote well-being. The authors argue that resilience is essential for coping with stress and adversity, and that self-care can help to strengthen resilience. They provide a number of specific self-care practices that can be used to promote resilience, such as mindfulness, gratitude, and social connection.



## 2. The Role of Self-Care in Resilience [Frontiers](#) Role of Self-Care in Resilience academic article



- **Authors:** Lisa M. Miller, PhD, and Ashley M. Finley, PhD
- **Journal:** American Psychologist
- **Published:** 2018
- **Abstract:** This article discusses the role of self-care in resilience. The authors argue that self-care can help to buffer against stress, promote positive emotions, and enhance coping skills. They provide a number of specific self-care practices that can be used to promote resilience, such as exercise, relaxation techniques, and spending time in nature.

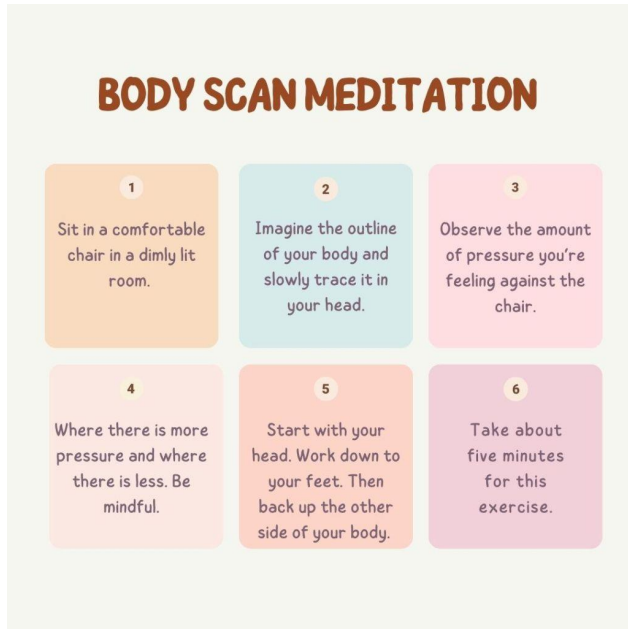
## 3. The Effects of Mindfulness-Based Self-Compassion on Resilience in Health Care Professionals [Frontiers](#) Effects of Mindfulness-Based Self-Compassion on Resilience in Health Care Professionals academic article



- **Authors:** Kristin Neff, PhD, Christopher Germer, PhD, and Christopher D. Mascaró, PhD
- **Journal:** Journal of Personality and Social Psychology
- **Published:** 2013
- **Abstract:** This article reports the results of a study that examined the effects of mindfulness-based self-compassion (MBSC) on resilience in health care professionals. The authors found that MBSC was associated with increased resilience, as measured by lower levels of burnout and greater levels of emotional well-being.

## Resources





- [PTSD resources](#)
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255. This is a free and confidential service that is available 24 hours a day, 7 days a week.
- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>

- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>



# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

HEALTH SELF-CARE

FITNESS SELF -CARE

NOTES TO SELF

## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brush Teeth .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bathe .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get Dressed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go Outside .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smile .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat a healthy breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook a healthy dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take vitamins & medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do something that makes me happy now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down what I am thankful for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down a future goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read 10 pages of a book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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# Habit Tracker

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# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
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# Gratitude Tracker

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# Life Checklist

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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



[illegible]



# Notes

[illegible]



# Medication Tracker

[illegible]



# *September* 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY

299



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES



# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

## ACTS OF SELF CARE

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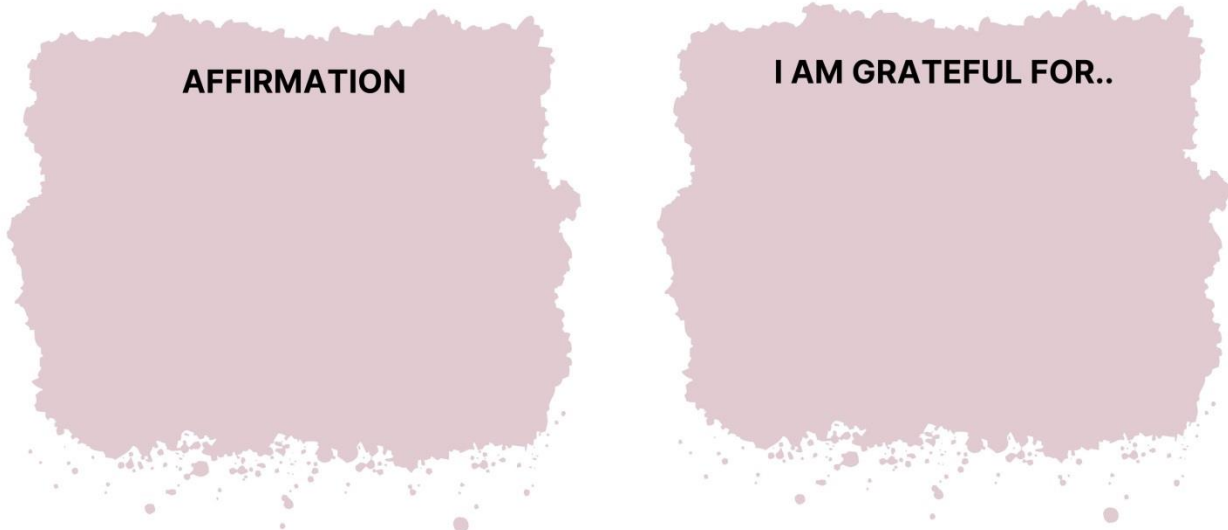
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**AFFIRMATION**

**I AM GRATEFUL FOR..**



**Ideas**

**Action**

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Balance your chakras for better health, happiness, and success



First time I heard someone say "you need to balance your chakras", you might as well said, "tell me what you know about juggling." A term I love as it references my favorite comedian, and is a true to God southern saying, "***I don't know shit from Shinola about chakras!***" This was around when I was 26, that was 35 years ago. My knowledge has grown exponentially since then.

## What are Chakras?

The word "chakra" comes from the Sanskrit word "cakra," which means "wheel." Chakras are believed to be energy centers in the body that are responsible for our physical, emotional, and spiritual well-being. There are seven main chakras, each of which is associated with a different color, element, and aspect of our lives.

## The seven chakras are:

- **Root Chakra (Muladhara):** Located at the base of the spine, the root chakra is associated with the color red, the element earth, and basic survival needs such as food, shelter, and security.
- **Sacral Chakra (Svadhithana):** Located below the navel, the sacral chakra is associated with the color orange, the element water, and creativity, sexuality, and pleasure.
- **Solar Plexus Chakra (Manipura):** Located just below the ribcage, the solar plexus chakra is associated with the color yellow, the element fire, and personal power, confidence, and self-esteem.
- **Heart Chakra (Anahata):** Located in the center of the chest, the heart chakra is associated with the color green, the element air, and love, compassion, and forgiveness.
- **Throat Chakra (Vishuddha):** Located at the base of the throat, the throat chakra is associated with the color blue, the element ether, and communication, truth, and expression.
- **Third Eye Chakra (Ajna):** Located between the eyebrows, the third eye chakra is associated with the color indigo, the element light, and intuition, insight, and wisdom.
- **Crown Chakra (Sahasrara):** Located at the top of the head, the crown chakra is associated with the color violet, the element thought, and enlightenment, spirituality, and connection to the divine.





# CHAKRA GUIDE

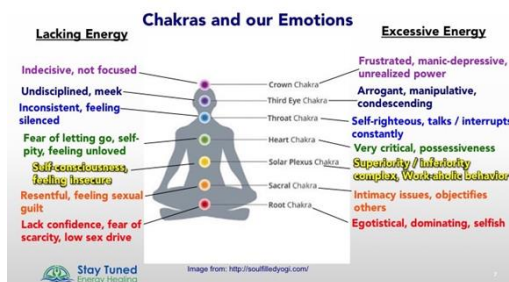


CHAKRA	Root	Sacral	Solar Plexus	Heart	Throat	Third-Eye	Crown
LOCATION	Base Of Spine	Lower Abdomen	Stomach	Heart	Throat	Forehead	Top of the Head
ELEMENT	Earth	Water	Fire	Air	Ether	Light	Consciousness
SOUND	LAM	VAM	RAM	YAM	HAM	AUM (Om)	AH
EMOTIONS	Safety, security	Sexuality, desire, pleasure	Personal power, purpose	Balance, love	Self-expression, expansion, healing	Intuition, imagination	Bliss, spirituality
BODY	Spine, rectum, legs, arms, circulatory system	Reproductive organs, kidneys, bowels, immune system	Central nervous system, pancreas, liver, skin, digestive tract	Heart, thymus, lower lungs, circulatory system, immune system	Throat, respiratory system, teeth, vocal chords, thyroid	pituitary gland, pineal gland, eyes, brain, sinuses	mind
BALANCED BEHAVIOUR	Safe, secure, centered, grounded, happy to be alive	Passion, creative, healthy libido, optimistic, open	Confident, in control, optimistic, ambitious, joyful, easy-going	Generous, loving, compassionate, peaceful, open, empathetic	Expressive, good communicator, trustworthy, calm, honest	Intuitive, faithful, imaginative, integrous, clarity of mind	Connected, present, wise, universal love
BLOCKED BEHAVIOUR	Fearful, anxious, insecure, self-pity, self-doubt, aggressive	Low libido, fear of intimacy, aloof, destructive, dependent	Low self-esteem, powerless, pessimistic, over analytical	Lack of empathy, bitter, hateful, trust issues, bitter, jealous	Can't express self, secretive, quiet, shy, moody, not good listener	Poor judgement, lacks focus, poor imagination, depressed	Learning difficulties, disconnected from reality, anger, lack of faith
OVERACTIVE BEHAVIOUR	Greedy, lust for power, aggressive, materialistic, cynical	Over emotional, fixated on sex, hedonistic, manipulative	Power hungry, domineering, perfectionist, critical	Jealous, self-sacrificing, codependent, give too much	Opinionated, loud, critical, gossipy, interrupt, harsh words	Nightmares, delusions, hallucinations, obsessive	Dogmatic, judgemental, ungrounded, spiritual addiction
FOODS TO HEAL	Beets, parsnips, apples, rutabagas, pomegranates, protein	Beets, parsnips, apples, rutabagas, pomegranates, protein	Yellow peppers, yellow lentils, bananas, oats, corn, squash	Spinach, broccoli, kale, peas, other leafy greens	Blueberries, blue raspberries, kelp, figs	Purple potatoes, blackberries, plums, purple grapes	Fresh air, sunlight, nature





## The Function of Chakras



Chakras are believed to function as energy centers that regulate the flow of energy throughout the body. When the chakras are balanced, energy flows freely and we experience a sense of well-being. However, when the chakras are blocked, energy becomes stagnant and we may experience physical, emotional, or spiritual problems.

The chakras are also believed to be associated with different aspects of our lives. For example, the root chakra is associated with basic survival needs, the sacral chakra is associated with creativity and sexuality, and the solar plexus chakra is associated with personal power and confidence. When a particular chakra is blocked, we may experience problems in the corresponding area of our lives.



## Balancing Chakras

There are many different ways to balance chakras. Some common methods include:

- **Yoga:** Certain yoga poses are believed to stimulate specific chakras.
- **Meditation:** Meditation can help to clear blockages in the chakras and promote a sense of peace and well-being.
- **Crystals:** Crystals are believed to have healing properties that can help to balance the chakras.
- **Sound therapy:** Sound therapy, such as singing bowls or chanting, can help to clear blockages in the chakras and promote a sense of harmony.
- **Aromatherapy:** Essential oils are believed to have healing properties that can help to balance the chakras.



### Conclusion

Chakras are an important part of many spiritual and healing traditions. By understanding the chakras and how to balance them, we can improve our physical, emotional, and spiritual well-being.

### Additional Information

- There is no scientific evidence to support the existence of chakras. However, many people believe that they are real and that they can have a positive impact on our health and well-being.
- The concept of chakras originated in ancient Indian philosophy. However, they have been adopted by many other cultures and traditions, including yoga, meditation, and energy healing.
- There are many different ways to balance chakras. The best method for you will depend on your individual needs and preferences.



I've placed a more detailed PDFs of each of the chakras. I wrote about them last month. Just click on which chakra you are wanting more info on. [Root](#) | [Sacral](#) | [Heart](#) | [Solar Plexus](#) | [Throat](#) | [Third Eye](#) | [Crown](#) |

I hope this has given you a better understanding of chakras and their function. If you are

interested in learning more, I encourage you to do some research on the topic and to experiment with different methods of balancing your chakras.





## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

I hope that by this point in the 2024 planner, you have found a self-care routine that works for you. Just as the rhythms of a circus are as diverse as the people on this planet, so too are the rhythms of self-care. I'm sure you've experienced some obstacles and setbacks along the way, but I also hope that you have remained firm in your commitment to your self-care plan. Sometimes, you just have to "bear" with your program even when you don't feel like it.

For me personally, it would be difficult to have a daily self-care routine that is too intense. It's important to practice self-love and non-judgment with yourself and your self-care program.

Just like I can't run a marathon, I still need to find a balance between education, application, and dedication. Learning about the chakras was like juggling. Finding your rhythm is about finding balance. I like to call it equipoise.

The day-to-day necessities will stay the same or fluctuate some. How you incorporate your spiritual practices may look different, just like the seasons. Sometimes it will be daily, every other day, every three days, or once a week. You will need to find your own balance first. Then the rhythm will come naturally.

The word "**equipoise**" means a state of balance or equilibrium. It can also refer to a state of doubt or uncertainty, as when there is no clear consensus on a particular issue.

The word "**equipoise**" comes from the Latin word "aequipondēre," which means "to weigh equally." The word was first used in English in the 16th century.

Here are some examples of how the word "equipoise" can be used in a sentence:

- The two candidates were in a state of equipoise, with the polls showing a dead heat.
- The judge's decision was based on the equipoise of the evidence, with no clear indication of which side was more likely to be correct.
- The doctor advised the patient to maintain an equipoise of mind, as stress could exacerbate the symptoms.



1. **Determine to become more intimate with your concept of a Creator**
2. **Collect books, quotes, read books from your spiritual path**
3. **Avail yourself to mentor one in need of a mentor**
4. **Develop a deeper connection to your meditation time**
5. **Keep a journal of your observations, thoughts, awareness's, questions**

### Here are 4 exercises to assist in finding equipoise:

1. **Meditation:** Meditation is a great way to calm the mind and body, and to find a sense of balance. There are many different types of meditation, so you can find one that works best for you.
2. **Yoga:** Yoga is another great way to find equipoise. Yoga poses help to align the body and mind, and to promote a sense of peace.
3. **Breathwork:** Breathwork is a powerful tool for finding equipoise. There are many different types of breathwork, so you can find one that works best for you.
4. **Nature:** Spending time in nature can help to connect you with your surroundings, and to find a sense of peace and balance.



## Here are some additional tips for finding equipoise:

- **Practice mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. When you are mindful, you are more likely to be aware of your thoughts and feelings, and to be able to let go of negative emotions.
- **Get enough sleep:** When you are well-rested, you are better able to cope with stress and to find a sense of balance.
- **Eat a healthy diet:** Eating a healthy diet gives you the energy you need to function at your best, and helps to improve your overall mood and well-being.
- **Connect with loved ones:** Spending time with loved ones can help you to feel supported and connected, and to find a sense of balance in your life.

I hope these exercises and tips help you to find equipoise.

## Pre-Caution

While engaging in any **yoga activities**, always remember:

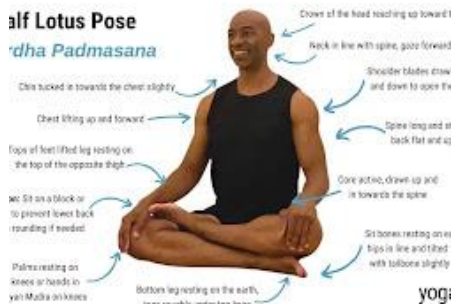
- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

## Yoga

### Here are 3 esoteric hatha yoga asanas to assist in finding equipoise:

#### [Modifications](#)



place your right foot on your left thigh. Then, bend your left knee and place your left foot on your right thigh. Sit up straight and relax your shoulders. [Yogajala](#) Padmasana (Lotus Pose) yoga asana

- **Savasana (Corpse Pose):** This pose is a simple yet powerful way to find equipoise and relaxation. To do Savasana, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh



your entire body. Focus on your breath and allow any thoughts or emotions to come and go without judgment. [Verywell Fit](#) Savasana (Corpse Pose) yoga asana

<https://youtu.be/x71k4opniZg>  
with **Modifications (Variations)**

• **Supta Virasana (Reclining Hero Pose):** This pose is a calming and grounding pose that is said to promote equipoise and balance. To do Supta Virasana, lie on your back with your knees bent and your feet flat on the floor. Bring your feet in towards your pelvis and rest your knees on the floor. Place your arms at your sides with your palms facing up. Close your eyes and relax your entire body. [Gaia](#) Supta Virasana (Reclining Hero Pose) yoga asana

### Variations

These are just a few examples of esoteric hatha yoga asanas that can assist in finding equipoise. There are many other poses that can be helpful, so it is important to find ones that work best for you.



It is also important to note that these poses should not be done if you have any health conditions. If you are unsure about whether or not a pose is safe for you, please consult with a yoga instructor or healthcare professional.

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## Research

**Here are 3 academic and scientific articles on the benefits of finding equipoise:**

1. **"The Benefits of Equipoise: A Review of the Literature"** by Megan C. Carr and Christopher A. Germer, published in the journal *Mindfulness* in 2017. [ResearchGate](#) Benefits of Equipoise: A Review of the Literature article

This article reviews the scientific literature on the benefits of equipoise. The authors found that equipoise is associated with a number of positive outcomes, including:

- Increased mindfulness
- Reduced anxiety and depression
- Improved decision-making
- Enhanced creativity
- Increased self-compassion



## 2024 Self-Care Planner

2. **"Equipoise: A State of Mind That Promotes Well-Being"** by Christopher A. Germer, published in the book *The Mindful Path to Self-Compassion* in 2009. [ResearchGate](#) Equipoise: A State of Mind That Promotes Well-Being article

This article provides a detailed overview of the concept of equipoise and its benefits. Germer argues that equipoise is a state of mind that is characterized by openness, curiosity, and non-judgment. He also suggests that equipoise can be cultivated through mindfulness practices.

3. **"The Role of Equipoise in Clinical Decision-Making"** by Howard Brody, published in the journal *Theoretical Medicine and Bioethics* in 2000. [SAGE Journals](#) Role of Equipoise in Clinical Decision-Making article

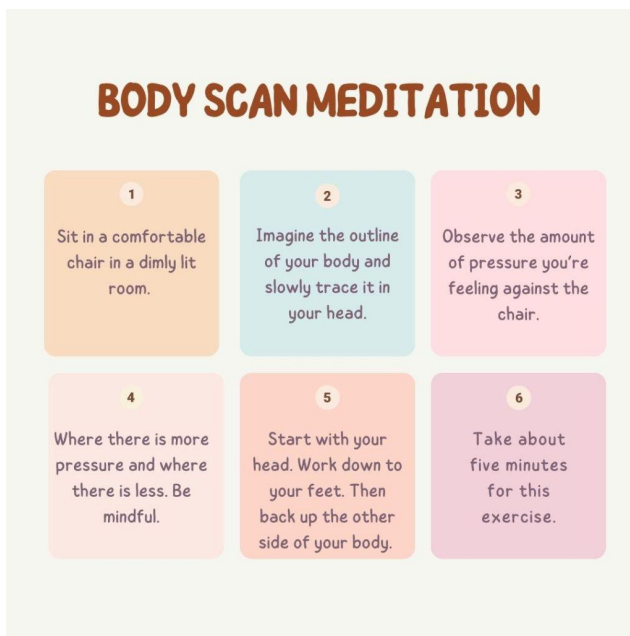
This article discusses the role of equipoise in clinical decision-making. Brody argues that equipoise is a necessary condition for informed consent, as it ensures that patients are making decisions based on accurate information. He also suggests that equipoise can be difficult to achieve in some cases, such as when there is no clear consensus on the best course of treatment.

I hope these articles are helpful. Please let me know if you have any other questions. You can email me at: [Email](#)

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## Resources

- [PTSD resources](#)
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
  - **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
  - **The National Center for PTSD:** <https://www.ptsd.va.gov/>
  - **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
  - **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
  - **The American Psychological Association:** <https://www.apa.org/>
  - **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
  - **In The Rooms (web based 12-STEP rooms)** <https://www.intherooms.com/home/>



You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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Sign up for our newsletter: <http://eepurl.com/hQlzgL>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

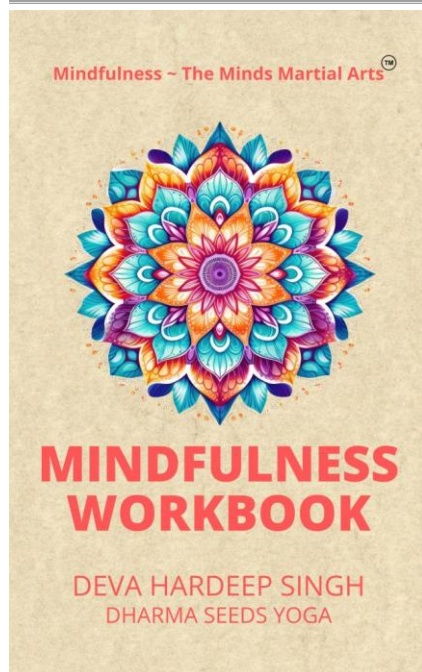
[Deva's BoHo Shoppe](#)

Dharma Seeds Yoga [brochure](#)

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For more information on our Engage Mindfulness™ please email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)

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## [NOW FOR SALE](#)

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

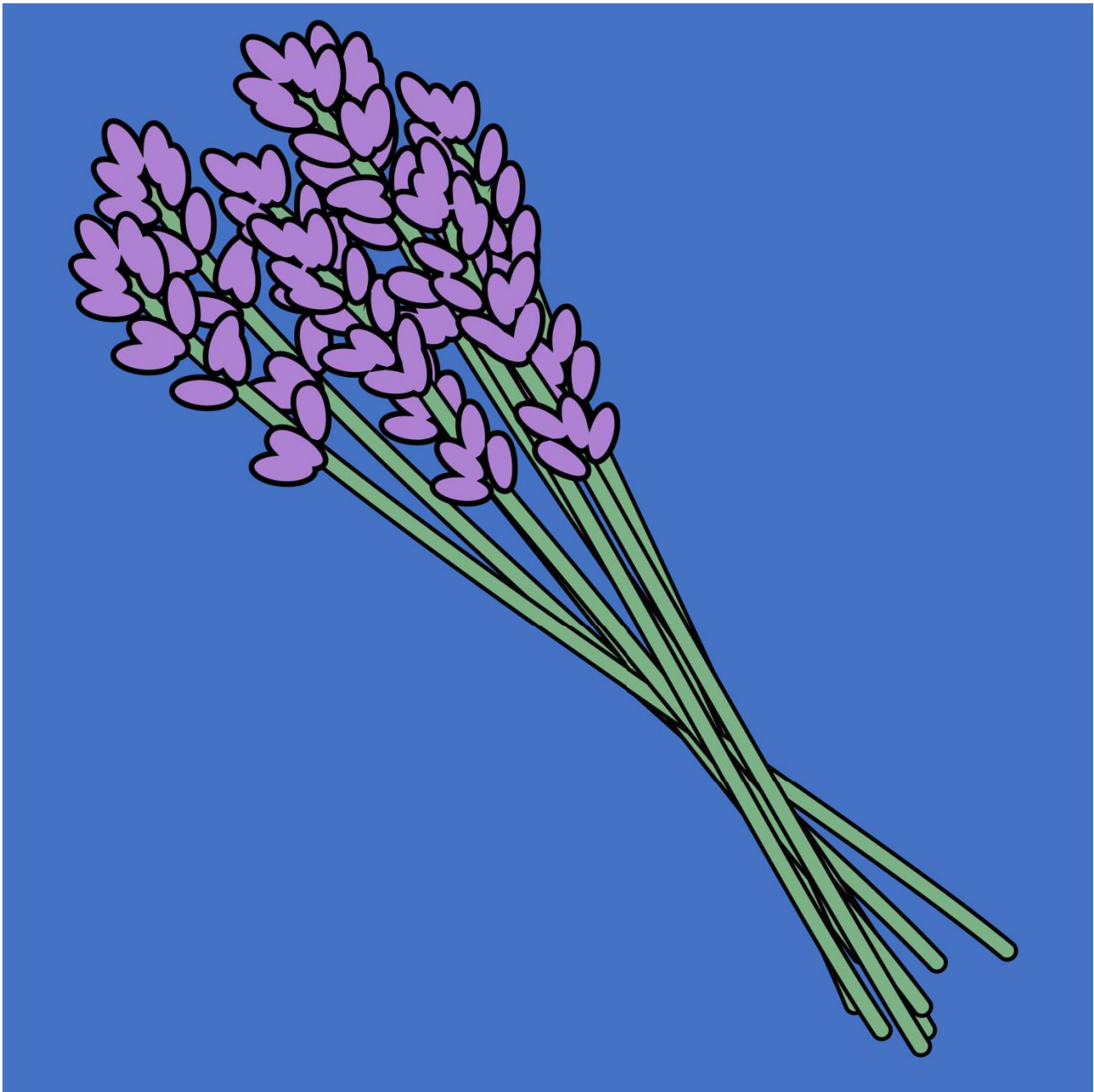


### 2024 Self-Care Planner

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

[https://www.youtube.com/embed/MtQlwLg9TCA?version=3u0026amp;rel=1u0026amp;showsearch=0u0026amp;showinfo=1u0026amp;iv\\_load\\_policy=1u0026amp;fs=1u0026amp;hl=enu0026amp;autoplay=2u0026amp;wmode=transparent](https://www.youtube.com/embed/MtQlwLg9TCA?version=3u0026amp;rel=1u0026amp;showsearch=0u0026amp;showinfo=1u0026amp;iv_load_policy=1u0026amp;fs=1u0026amp;hl=enu0026amp;autoplay=2u0026amp;wmode=transparent)

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# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

## HEALTH SELF-CARE

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## FITNESS SELF -CARE

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## NOTES TO SELF

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## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Habit Tracker

Habit	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening Routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Gratitude Tracker

## PEOPLE

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
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<input type="radio"/>	

## PLACES

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
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## THINGS

<input type="radio"/>	
<input type="radio"/>	
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<input type="radio"/>	
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## EXPERIENCES

<input type="radio"/>	
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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## To Do List

[illegible]



# Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Medication Tracker

[illegible]





# October

## 2024

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

NOTES & REMINDER



# Weekly Planner

**WEEK OF:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

ACTS OF SELF CARE

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AFFIRMATION



I AM GRATEFUL FOR..



Ideas	Action
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



I teach trauma-informed yoga because I believe that everyone deserves to heal from their trauma in a safe and supportive environment

If you are not familiar with trauma-informed yoga, here are some short videos to watch first.

<https://youtu.be/UcvVclnC3bU>

<https://youtu.be/7l54jO9fKbk>

### What is Trauma-Informed Yoga?

Trauma-informed yoga is a type of yoga that is specifically designed for people who have experienced trauma. It is based on the understanding that trauma can have a profound impact on the body and mind, and that yoga can be a powerful tool for healing.

Trauma-informed yoga classes are typically led by teachers who have been trained in trauma-informed care. These teachers are aware of the signs and symptoms of trauma, and they create a safe and supportive environment for students to practice yoga.

The poses in trauma-informed yoga classes are often modified to be less challenging, and there is more emphasis on breathwork and relaxation. The goal of trauma-informed yoga is to help students connect with their bodies in a safe and supportive way, and to begin to heal from the effects of trauma.



@transcending-trauma-with-yoga artwork: @embody.create.heal

### [Allibris discount bookstore](#)

#### How Does Trauma-Informed Yoga Work?

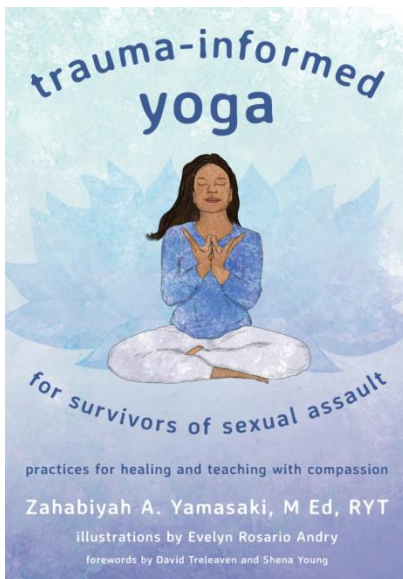
Trauma-informed yoga works by helping students to:

- Connect with their bodies in a safe and supportive way.
- Learn to regulate their emotions.
- Develop a sense of self-compassion.
- Build resilience.

When people experience trauma, their bodies go into a state of fight, flight, or freeze. This is a natural survival response, but it can also have long-term effects on the body and mind. Trauma-informed yoga can help to calm the nervous system and reduce the symptoms of post-traumatic stress disorder (PTSD).

Yoga can also help people to learn to regulate their emotions. When people experience trauma, they often have difficulty managing their emotions. Yoga can help people to learn to identify and express their emotions in a healthy way.

In addition, trauma-informed yoga can help people to develop a sense of self-compassion. When people experience trauma, they often feel shame, guilt, and self-blame. Yoga can help people to learn to be kind and compassionate to them, even when they have made mistakes.





## **Dharma Seeds Yoga Press ~ Deva Hardeep Singh**

Finally, trauma-informed yoga can help people to build resilience. Resilience is the ability to bounce back from adversity. Yoga can help people to develop resilience by teaching them how to cope with stress and challenges in a healthy way.

### **The Relationship between Trauma-Informed Yoga and Self-Care Mindfulness**

Self-care mindfulness is the practice of paying attention to the present moment with kindness and compassion. It is a powerful tool for healing from trauma, and it can be integrated into trauma-informed yoga practice.

**When people practice self-care mindfulness, they learn to:**

- Pay attention to their thoughts, feelings, and sensations.
- Acknowledge their experiences without judgment.
- Take care of themselves in a loving and compassionate way.

**Self-care mindfulness can help people to:**

- Reduce stress and anxiety.
- Improve their mood.
- Increase their self-awareness.
- Build resilience.

By integrating self-care mindfulness into trauma-informed yoga practice, people can learn to heal from trauma in a safe and supportive way. They can also learn to take care of themselves in a loving and compassionate way, which can help them to build resilience and live a more fulfilling life.

<https://youtu.be/-IJQH2MjVE>

<https://www.nlm.gov/training/class/trauma-sensitive-programming-using-mindfulness-create-safe-space>

### **Conclusion**

Trauma-informed yoga is a powerful tool for healing from trauma. It is based on the understanding that trauma can have a profound impact on the body and mind, and that yoga can be a powerful way to heal.

Trauma-informed yoga classes are typically led by teachers who have been trained in trauma-informed care. These teachers create a safe and supportive environment for students to practice yoga.

The poses in trauma-informed yoga classes are often modified to be less challenging, and there is more emphasis on breathwork and relaxation. The goal of trauma-informed yoga is to help students connect with their bodies in a safe and supportive way, and to begin to heal from the effects of trauma.

Self-care mindfulness is a powerful tool that can be integrated into trauma-informed yoga practice. Self-care mindfulness helps people to pay attention to their thoughts, feelings, and sensations, and to acknowledge their experiences without judgment. It also helps people to take care of themselves in a loving and compassionate way.

By integrating self-care mindfulness into trauma-informed yoga practice, people can learn to heal from trauma in a safe and supportive way. They can also learn to take care of themselves in a loving and compassionate way, which can help them to build resilience and live a more fulfilling life.

<https://www.blackwomenhealingretreats.com/publication/the-importance-of-body-work-in-healing-and-self-care>



Here are 15 mindfulness affirmations on trauma-informed yoga and its relationship to self-care mindfulness:



1. I am safe in this moment.
2. I am worthy of care and compassion.
3. I am allowed to feel my emotions.
4. I am not alone in my experience.
5. I am strong and resilient.
6. I am capable of healing.
7. I am worthy of love and acceptance.
8. I am grateful for my body.
9. I am grateful for my breath.
10. I am grateful for the present moment.
11. I am enough just as I am.
12. I am kind to myself.
13. I am patient with myself.
14. I am gentle with myself.
15. I love myself.

These affirmations can be used as a part of a trauma-informed yoga practice or as a standalone self-care practice. They can be repeated silently or out loud, and they can be used to focus the mind and body during yoga poses or other mindfulness activities.

It is important to remember that these affirmations are just a starting point. You may find that you need to create your own affirmations that are more specific to your own experiences. The most important thing is to find affirmations that resonate with you and that help you to feel safe, loved, and supported.

Here are some additional tips for using mindfulness affirmations in trauma-informed yoga or self-care:

- **Choose affirmations that are positive and supportive.** Avoid using affirmations that are negative or judgmental.
- **Repeat the affirmations to yourself slowly and mindfully.** Pay attention to the words and the feelings that they evoke.
- **Allow yourself to feel the emotions that come up as you repeat the affirmations.** Don't try to push them away or ignore them.
- **Be patient with yourself.** It may take some time to find affirmations that work for you and to feel the benefits of using them.

Mindfulness affirmations can be a powerful tool for healing from trauma and for taking care of yourself. If you are interested in trying them, I encourage you to experiment and find what works best for you.

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Why I teach through the [Accessible Trauma-Informed method](#)

As a survivor of childhood abuse. It was pretty horrific. The results of that trauma led to a life plagued by depression, anxiety, Post-Traumatic Stress Injury, and Borderline Personality Disorder. I have seen my efforts through behavioral health counseling with yoga/meditation has significantly healed my past trauma. You can read about it [here](https://bit.ly/DSY-OutofHell). <https://bit.ly/DSY-OutofHell>

I have completed the Foundational Training program in trauma-sensitive yoga through the [Center for Trauma and Embodiment at Justice Resource Institute](#) (JRI) and [Trauma Center Trauma-Sensitive Yoga](#) (TCTSY). I am certified by both [Yoga Alliance](#) and [World Yoga Federation](#). You can view my certificates [here](#).



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

I want to teach trauma-sensitive yoga for free. My goal is for Dharma Seeds Yoga to create a comprehensive library of written, academic, scientific, and instructional resources on mindfulness and yoga. These resources would be accessible to everyone through the internet, regardless of income or mental health status. This would allow people who are facing income inequality or mental health injuries to get certified complete yoga instruction for free, either at home on their tablet or smartphone. I am disabled and live 100 percent off my disability payments. Which still places me 400%. I identify with the [neurodivergent](#), [gay](#), [ability injured](#), [post-traumatic stress injury](#), [borderline personality injury](#) persons. This is my lane. I know my focus. As much as I would love to be the best in yoga, but in this lifetime, I will remain in my lane. so as to teach without creating more trauma.



I teach trauma-informed yoga and meditation in a way that is accessible to all people. I do this because of my own experiences with trauma and abuse. The Raja Yoga lineage that I follow personally has no guru, deity, or person to swear allegiance to or make vows to. This means that my teachings are accessible to people of all spiritual paths. As well I have removed my male ego so I teach from a loving, compassionate, empathy focused yoga and meditation.

I am not a guru or a teacher in the traditional sense. I am simply a fellow yoga and meditation practitioner who shares what has helped me on my own healing journey. My goal is to help others find their own path to healing and well-being.

I am not the message. I am simply the vessel through which the message is transmitted. The message is what is important. It is the message that will help you heal and grow. These two sentences sum up why I teach trauma-informed yoga. No more victims, no more trauma, no more untreated pain, etc...trauma-free teachings.

I've been an enrolled lifelong member of the Muscogee Nation. I live on my reservation with low-income tribal housing. I've spent most of my pre-teens to adulthood with Indigenous culture community events or serving in a capacity that benefits all tribes. So I also teach with an Indigenous focus and cultural sensitivity methods.

I teach the way I do for I love to incorporate music into my [artist repertoire](#). Combining my thespian talents along with all phases of the [music business](#),. So I also appeal to the artists types. My neurodiversity presents itself when I am audio or video editing. I get so right brained.

Teaching is about relationships. The teacher and student typical roles do often times switch during the process. It's about relational living.

<https://youtu.be/DNkdFa77eZo>

I have been in behavioral health counseling since I was about 8 years old, 1970s circa. I have tried many different approaches, but the best tool I have found for me is [Dialectical Behavior Therapy](#) (DBT). [DBT](#) teaches skills that help me to deal with my emotions healthily. I could use drugs, anger, or self-harm to cope with my problems, but a more loving and compassionate way is to use the tools I am developing through DBT and yoga/meditation.



Here are 15 mindfulness affirmations to heal trauma:

1. I am safe and loved.
2. I am worthy of healing.
3. I am strong and resilient.
4. I am allowing myself to feel my emotions.
5. I am not alone in this.
6. I am letting go of the past.
7. I am creating a new and healthy future for myself.
8. I am forgiving myself and others.
9. I am giving myself the care and compassion I deserve.
10. I am allowing myself to heal.
11. I am grateful for the progress I have made.
12. I am confident in my ability to heal.
13. I am open to new experiences.
14. I am living in the present moment.
15. I am at peace.

You can repeat these affirmations to yourself throughout the day, or you can write them down and read them over. You can also find guided meditations or visualizations that incorporate these affirmations.

### How chakra empowerment can aid trauma healing...



It is important to be patient with yourself as you heal from trauma. It may take time and effort, but you can overcome your trauma and live a happy and healthy life.

Here are some additional tips for using mindfulness affirmations to heal trauma:

- Find a quiet place where you can relax and focus.
- Take a few deep breaths to calm your body and mind.
- Repeat the affirmations to yourself slowly and deliberately.
- Pay attention to your body and mind as you repeat the affirmations.
- Notice any changes in your thoughts, feelings, or sensations.
- Be patient and kind to yourself.

Mindfulness affirmations can be a powerful tool for healing trauma. With regular practice, you can learn to let go of the past, forgive yourself and others, and create a new and healthy future for yourself.

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**Trauma-informed yoga is a gentle and supportive form of yoga that can be helpful for people who have experienced trauma.** It is based on the principles of mindfulness, which means paying attention to the present moment with kindness and compassion. Trauma-informed yoga can help people to:

- **Increase body awareness:** This can help people to become more aware of their physical sensations and to learn to respond to them in a healthy way.
- **Reduce stress and anxiety:** Trauma can often lead to high levels of stress and anxiety. Trauma-informed yoga can help to reduce these symptoms by teaching people how to relax their bodies and minds.
- **Improve self-regulation:** Trauma can sometimes make it difficult for people to regulate their emotions. Trauma-informed yoga can help people to learn how to manage their emotions in a healthy way.



## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

- **Build self-compassion:** Trauma can often lead to feelings of shame, guilt, and self-loathing. Trauma-informed yoga can help people to develop compassion for themselves and to learn to accept themselves for who they are.

Self-care mindfulness is an important part of trauma-informed yoga. It is important for people who have experienced trauma to take care of themselves and to give themselves time to heal. Self-care mindfulness can help people to:

- **Pay attention to their needs:** This means being aware of what they need in order to feel good and to take steps to meet those needs.
- **Be kind to themselves:** This means treating themselves with the same compassion and kindness that they would treat others.
- **Take breaks:** This means giving themselves time to rest and to recharge.
- **Set boundaries:** This means learning to say no to things that are not good for them and to protect their time and energy.

Trauma-informed yoga and self-care mindfulness can be a powerful combination for healing from trauma. By combining the physical and mental benefits of yoga with the self-compassion of mindfulness, people can learn to heal from trauma and to live a more fulfilling life.

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### Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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### DBT

Here are 4 DBT skills needed to assist in mindfulness self-care:

1. **Mindful observing:** This skill involves paying attention to the present moment without judgment. When you are mindful, you are simply noticing what is happening in your body, mind, and environment without trying to change it.
2. **Describing:** This skill involves putting words to what you are observing. When you describe, you are simply stating the facts of the situation without adding any interpretation or judgment.
3. **Participating fully:** This skill involves being fully engaged in the present moment. When you participate fully, you are not letting your mind wander or getting lost in thoughts about the past or future.
4. **Non-judgmental acceptance:** This skill involves accepting your thoughts, feelings, and sensations without judgment. When you accept, you are not trying to change or get rid of your experiences, but simply letting them be.



These DBT skills can be helpful for mindfulness self-care because they can help you to:

- **Be more aware of your thoughts, feelings, and sensations.**
- **Reduce judgment and criticism of yourself and others.**
- **Increase acceptance of yourself and others.**
- **Develop a more mindful and present-focused approach to life.**

If you are interested in learning more about DBT skills, there are many resources available online and in libraries. You may also want to consider seeking professional help from a therapist who is trained in DBT.

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## Research

Here are 3 academic and scientific articles on using DBT to assist in self-care:

### 1. The Effectiveness of Dialectical Behavior Therapy (DBT) for Self-Care: A Systematic Review

- **Authors:** Emily E. Strunk, Amanda L. M. Muehlhoff, and David M. Jobes
- **Journal:** Journal of Clinical Psychology
- **Published:** 2018

This article reviews the research on the effectiveness of DBT for self-care. The authors found that DBT can be effective in improving self-care behaviors in people with a variety of mental health conditions, including borderline personality disorder, depression, and anxiety.

### 2. Dialectical Behavior Therapy (DBT) Skills for Self-Care: A Review of the Literature

- **Authors:** Jennifer J. Pearson, Ashley M. Turner, and Elizabeth A. Wilfley
- **Journal:** Behavior Therapy
- **Published:** 2015

This article reviews the research on the DBT skills that are most helpful for self-care. The authors found that the skills of mindfulness, distress tolerance, and emotion regulation are particularly helpful for improving self-care behaviors.

### 3. Using Dialectical Behavior Therapy (DBT) to Improve Self-Care in Eating Disorders: A Pilot Study

- **Authors:** Julia A. Bulik, Kelly L. Luce, and Marsha M. Linehan
- **Journal:** International Journal of Eating Disorders
- **Published:** 2006

This article reports on a pilot study that examined the effectiveness of DBT for improving self-care in people with eating disorders. The authors found that DBT was effective in improving self-care behaviors, such as eating regular meals, exercising, and getting enough sleep.



# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

## HEALTH SELF-CARE

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## FITNESS SELF -CARE

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## NOTES TO SELF

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## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Ideas

**BASIC**

**PHYSICAL**

**EMOTIONAL**

**SPIRITUAL**

**NOTES**

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# Self Care Intention

**PHYSICAL SELF CARE**

**EMOTIONAL SELF CARE**

**SPIRITUAL SELF CARE**

**INTELLECTUAL SELF CARE**

**SOCIAL SELF CARE**

**ENVIRONMENT SELF CARE**

**NOTE**



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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# Habit Tracker

Habit	M	T	W	T	F	S	S
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# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
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# Pampering Checklist

## Plan Your Pampering Checklist

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# Gratitude Tracker

## PEOPLE

<input type="radio"/>	
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## PLACES

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## THINGS

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## EXPERIENCES

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# Wellness Goals

## MIND GOALS

<input type="radio"/>	
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## BODY GOALS

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## OTHER GOALS

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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-----	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



# To Do List

[illegible]



# Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Goal Planner

GOAL	STEPS	DEADLINE
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

GOAL	STEPS	DEADLINE
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		<input type="radio"/>
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		<input type="radio"/>
		<input type="radio"/>
		<input type="radio"/>

GOAL	STEPS	DEADLINE
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## MEASURABLE WAYS TO ACHIEVE YOUR GOAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Medication Tracker

[illegible]



# *November*

## 2024

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### Notes & Reminder

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# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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# Weekly Planner

**WEEK OF:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition	

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

ACTS OF SELF CARE

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**AFFIRMATION**



**I AM GRATEFUL FOR..**



Ideas	Action
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



Don't let the news and social media control your mood. Take back control by limiting your exposure.

I have fond memories of creating a poetry book when I was in first grade. I used one of my father's work report covers with three holes. I continued to write poetry until I was in my twenties. My career has included writing press releases, arts and music coverage, and international social justice journalism for the AFL-CIO National Writers Union. However, I have seen journalism worldwide disintegrate. Mental health professionals have found the current trend in media to be a mental health crisis.

As the field of digital mental health advances, the wide reach, ease of access, and popularity of social media platforms could be used to allow individuals in need of mental health services or facing challenges of mental illness to access evidence-based treatment and support. To achieve this end and to explore whether social media platforms can advance efforts to close the gap in available mental health services in the United States and globally, it will be essential for researchers to work closely with clinicians and with those affected by mental illness to ensure that possible benefits of using social media are carefully weighed against anticipated risks.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7785056/>

The above research was published in April 20, 2020.

Social Media and Mental Health: Benefits, Risks, and Opportunities for Research and Practice with John A. Naslund, PhD, Ameya Bondre, MD, John Torous, MD, and Kelly A. Aschbrenner, PhD.

Oxford Academic review, had this to say in March 2020.

“Truth” aims to explain why Donald Trump lies more than any other public official in the United States today, and why his supporters, nonetheless, put up with his lies. The chapter combs the biographical record to highlight some of the most egregious examples of Trump’s untruths and then considers reasons behind Trump’s remarkable penchant for lying. For Trump, truth is effectively whatever it takes to win the moment, moment by moment, battle by battle—as the episodic man, shorn of any long-term story to make sense of his life, struggles to win the moment. Among the many reasons that *Trump’s supporters excuse his lying is that they, like Trump himself, do not really hold him to the standards that human persons are held to.* And that is because many of his supporters, like Trump himself, do not consider him to be a person—he is more like a primal force or superhero, more than a person, but less than a person, too.

<https://academic.oup.com/book/36813/chapter-abstract/321970787?redirectedFrom=fulltext>  
[Book Link](#)

May 2017 book, “Worn Out American Dream” is based upon the folk song by the same title Jimmy LaFave. It expounds on the history of when American Journalism started disintegrating during the Nixon





Administration.

<https://www.youtube.com/watch?v=luLFfRP1cxA>

I know this is a different post, but it all wraps up the tenants of yoga, and how our use of social media and news actively resists the truth of yoga.

### From "Word Out American Dreams" Chapter 9 Media Wars

I worked in the communications media business for over 20 years. I started as an on-air personality, then became a producer, newspaper journalist, and public relations writer. During my radio days, I did some news stringing for larger market radio stations on certain news events. One such event was a murder trial in Muskogee, Oklahoma. I was working at KBIX radio station in Muskogee when KRMG radio station in Tulsa asked me to cover the trial for them.



It was while I was at KBIX that the Fairness Doctrine was struck down by President Reagan in June 1987. During the trial, the District Attorney wanted to introduce crime scene photographs. The defense lawyers objected, citing that it would inflame the jury. The judge dismissed the jury and reviewed the photographs. The media pool was also able to see the photos. The judge allowed the photographs to be entered into evidence, and the trial continued.

I called in my report and [Rand LaVonn](#), KRMG News, recorded it. He asked me if I saw the photos. At that point, I asked for the recording device to be turned off. I confirmed with Rand if it was off. He assured me that it was. I then described the gruesomeness of the photos. Later that night my brother called from Tulsa stating that my news story had totally grossed him out enough that he could not eat dinner. The next day I called

Rand and asked why he had lied to me on turning the recorder off. He said, "It's 5pm prime time news. If it bleeds it leads." I told him he was being unethical and I quit stringing for KRMG. That was my first time in seeing the demise of ethical, honest news media in broadcasting.

The Fairness Doctrine was a set of guidelines established by the Federal Communications Commission (FCC) that limited how many media outlets a company could own in a single market. After the doctrine was repealed in 1987, media companies began merging and buying out smaller outlets. This led to a consolidation of media ownership, with a handful of large companies controlling a majority of the market.

The repeal of the Fairness Doctrine also allowed media companies to diversify their holdings. This meant that companies could own not only radio and television stations, but also magazines, newspapers, and movie studios. This consolidation of media ownership has had a number of implications, including a decline in the diversity of viewpoints available to the public.

**Six media conglomerates now control 90% of the media that is consumed by U.S. citizens. This means that only six companies are responsible for shaping the news, information, and entertainment that we see and hear.**

The six media conglomerates are:

- AT&T
- The Walt Disney Company
- Comcast



- News Corp
- ViacomCBS
- Sony Pictures Entertainment



<https://www.webfx.com/blog/internet/the-6-companies-that-own-almost-all-media-infographic/>



### **Dharma Seeds Yoga Press ~ Deva Hardeep Singh**

These companies own a wide range of media properties, including television networks, cable channels, radio stations, newspapers, magazines, and movie studios. This gives them a significant amount of power to influence public opinion.

For example, if one of these companies decides to run a story about a particular issue, it is likely to reach a very large audience. This means that the company can have a significant impact on how people think about that issue.

The concentration of media ownership has raised concerns about the diversity of viewpoints that are available to the public. If only a few companies control the majority of the media, it is possible that they will only present one side of an issue. This could lead to a decline in the quality of public discourse.

It is important to be aware of the power that these media conglomerates have. When you consume media, it is important to be critical of the information that you are being presented with. Ask yourself who owns the media outlet that you are getting your information from, and what their agenda might be

[https://en.wikipedia.org/wiki/Fairness\\_Doctrine](https://en.wikipedia.org/wiki/Fairness_Doctrine)

<http://www.morriscreative.com/6-corporations-control-90-of-the-media-in-america/>

**Forbes reported in 2016 that fifteen billionaires own the media in the United States.**

<http://static2.businessinsider.com/image/4fd9ee1e6bb3f7af5700000a/media-infographic.jpg>

<https://www.forbes.com/sites/katevinton/2016/06/01/these-15-billionaires-own-americasnews-media-companies/1>

The above graphic shows the main parent companies and all their subsidiaries. These few companies pay for advertising with the six companies that own 90% of our media. These fifteen billionaires are the capitalists who allow other billionaires to control our decision-making while we gladly give them our money. Can you see how sick this system is?

### **Be Part of the Solution not the Problem**



<https://www.thebrainwashingofmydad.com/>

The documentary "The Brainwashing of My Dad" is a fascinating look at how the media can influence people's political views. The film follows filmmaker Jen Senko as she tries to understand how her father, a lifelong Democrat, became an angry right-wing fanatic. Senko uncovers the forces behind her father's transformation, including a plan by Roger Ailes under President Nixon to

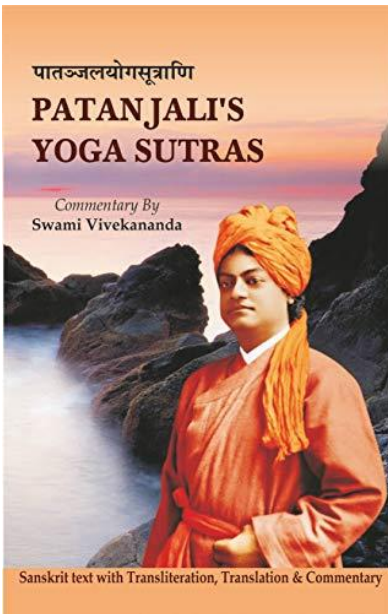
take over the media for the GOP, the Powell Memo, which urged business leaders to influence institutions of public opinion, and the dismantling of the Fairness Doctrine under President Reagan.

I have personally witnessed the decline of journalism. I have seen how the media has become increasingly polarized, and how it has been used to spread misinformation and propaganda. Today, I write for a 98-year-old progressive leftist news media outlet. I know that my work is important, and I am committed to using my platform to promote social justice and truth.



## 2024 Self-Care Planner

We all make choices, and those of us who work in the media have a special responsibility. We need to set an example by reporting the news accurately and fairly, and by challenging the status quo. We need to be the resistance against the forces that are trying to manipulate public opinion.



[Read book here free](#)

So now we see how easy it is to be manipulated by media of all sorts. Let's look at how yoga teachers have passed on the elements of yoga for over 5000+ years.

Patanjali's Yoga Sutras encapsulate yoga into 8 limbs

- **Yamas** - considerations of our interaction with the world
- **Niyama** - considerations of internal exploration
- **Asana** - physical practices
- **Pranayama** - breath awareness and control
- **Pratyahara** - withdrawal of senses
- **Dharana** - focusing our attention through concentration
- **Dhyana** - embodiment of the object of attention, an effortless concentration
- **Samadhi** - the oneness or union with object of our attention

The eight limbs of yoga are a ladder system that can help us connect with our true selves. No matter what your spiritual path is, you can incorporate these limbs into your practice.

**How practicing Patanjali's 8 limbs of yoga can lead to mindfulness self-care:**

### Introduction

Yoga is a mind-body practice with a 5,000-year history in ancient Indian philosophy. It is a holistic approach to health and well-being that encompasses physical, mental, and spiritual aspects. The eight limbs of yoga are the foundation of the yogic path, and they provide a roadmap for achieving physical, mental, and spiritual freedom.

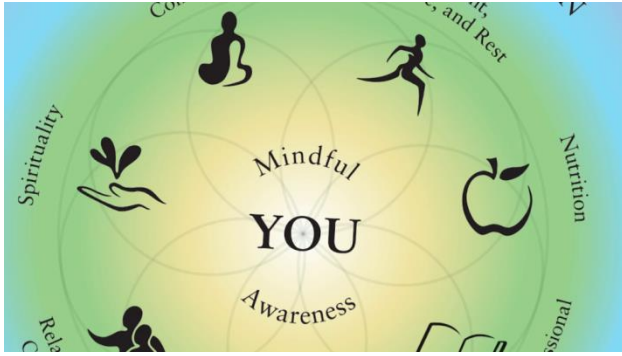
### Mindfulness Self-Care

Mindfulness self-care is the practice of taking care of oneself with awareness and intention. It is a way of living in the present moment and paying attention to our thoughts, feelings, and bodily sensations without judgment. Mindfulness self-care can help us to reduce stress, improve our mental health, and increase our overall well-being.

The eight limbs of yoga can be a powerful tool for mindfulness self-care. Each limb of yoga can help us to become more aware of ourselves and our relationship to the world around us. For example, the yamas can help us to develop ethical guidelines for living a moral and ethical life. The niyamas can help us to cultivate self-discipline and well-being. Asana can help us to become more aware of our bodies and how they move. Pranayama can help us to relax and focus our attention. Pratyahara can help us to withdraw our senses from the external world and focus on the present moment. Dharana can help us to develop concentration. Dhyana can help us to meditate and connect with our inner selves. And samadhi can help us to achieve union with the divine.



## How the 8 Limbs of Yoga Can Lead to Mindfulness Self-Care



The eight limbs of yoga can lead to mindfulness self-care in a number of ways. Here are some specific examples:

- **Yamas:** The yamas can help us to develop ethical guidelines for living a moral and ethical life. This can lead to greater mindfulness of our thoughts, words, and actions. For example, the yama of ahimsa (non-violence) can help us to be more mindful of the way we treat ourselves and others.
- **Niyamas:** The niyamas can help us to cultivate self-discipline and well-being. This can lead to greater mindfulness of our physical, mental, and emotional health. For example, the niyama of saucha (cleanliness) can help us to be more mindful of our hygiene and diet.
- **Asana:** Asana can help us to become more aware of our bodies and how they move. This can lead to greater mindfulness of our physical sensations and our relationship to the world around us. For example, the asana of mountain pose (tadasana) can help us to develop a sense of grounding and stability.
- **Pranayama:** Pranayama can help us to relax and focus our attention. This can lead to greater mindfulness of our thoughts and emotions. For example, the pranayama technique of ujjayi breath (victorious breath) can help us to develop a sense of calm and focus.
- **Pratyahara:** Pratyahara can help us to withdraw our senses from the external world and focus on the present moment. This can lead to greater mindfulness of our inner selves and our connection to the world around us. For example, the practice of pratyahara can help us to become more aware of our thoughts and emotions without judgment.
- **Dharana:** Dharana can help us to develop concentration. This can lead to greater mindfulness of our thoughts and emotions. For example, the practice of dharana can help us to focus our attention on a single point, such as our breath or a mantra.
- **Dhyana:** Dhyana can help us to meditate and connect with our inner selves. This can lead to greater mindfulness of our thoughts, emotions, and bodily sensations. For example, the practice of dhyana can help us to develop a sense of peace and tranquility.
- **Samadhi:** Samadhi can help us to achieve union with the divine. This can lead to a state of complete mindfulness and awareness.

### The Yamas include:

- **Ahimsa** - non harm, service/support
- **Satya** - Truth
- **Asteya** - non-stealing, gifts/opportunities
- **Brahmacharya** - moderation
- **Aparigraha** - release

The offerings of the Yamas allow you to explore opportunities to reduce harm, seek truth, give rather than receive, determine needs versus want, and commit yourself to the process of understanding and healing.

### The Niyamas include:

- **Sauca** - Cleanliness/purity
- **Santose** - Contentedness
- **Tapas** - Self Discipline
- **Svadyaya** Self-Study
- **Isvara Pranidhana** - Surrender



## 2024 Self-Care Planner

The Niyams offers us a path in how to relate to and build a relationship with ourselves. So as to better understand how we can contribute to the healing traumas within our communities.

### My teachers training through [PYP](https://bit.ly/PYP-Training) beautifully states:

Once we begin to build competency working with and answering the questions offered to us through the Yamas, practicing the Niyamas continues to support our commitment to self. Exploring deeper into the Niyamas, we are encouraged to clear the clutter of our mind and space, connect to our gut instincts, trusting these instincts when they support non-harm, truth, opportunities, need, and resolution in our lives, discipline ourselves to remain focused on our healing and setting our passions into action, and committing to continued self-study and exploring knowledge and understanding where we are ignorant. <https://bit.ly/PYP-Training>

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Yoga teachers and students have been learning these principles for over 5,000 years. As an Indigenous person, I know that traditional healing methods work better with our bodies than pharmaceuticals. It is important to find the right balance between these two approaches. We are all on our own paths, but we are using practices that have been proven to work and will continue to work.

Self-care, mindfulness, and meditation are all regimes that help us improve inwardly and outwardly. These regimes can help us better handle the balance of media, news, and other obstructions that can slow down our self-care practices.

So the next time the news, social media posts, or any media triggers you, at least now you have a regime of tools to ease that fight/flight adrenaline. How you choose to express your path of self-care is yours to make. Freedoms allow us to feel safe. No trauma. It's up to you what you think is right to add to your self-care regime.





# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

## HEALTH SELF-CARE

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## FITNESS SELF -CARE

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## NOTES TO SELF

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## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush Teeth .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bathe .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get Dressed .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go Outside .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook a healthy dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take vitamins & medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talk to someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do something that makes me happy now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down what I am thankful for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down a future goal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read 10 pages of a book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Self Care Ideas

**BASIC**

**PHYSICAL**

**EMOTIONAL**

**SPIRITUAL**

**NOTES**

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# Self Care Intention

**PHYSICAL SELF CARE**

**EMOTIONAL SELF CARE**

**SPIRITUAL SELF CARE**

**INTELLECTUAL SELF CARE**

**SOCIAL SELF CARE**

**ENVIRONMENT SELF CARE**

**NOTE**



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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# Habit Tracker

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# Routine Tracker

Morning Routine	M	T	W	T	F	S	S
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# Pampering Checklist

## Plan Your Pampering Checklist

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# Gratitude Tracker

## PEOPLE

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## THINGS

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# Wellness Goals

## MIND GOALS

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## BODY GOALS

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## OTHER GOALS

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



# To Do List

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Goal Planner

GOAL	STEPS	DEADLINE
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GOAL	STEPS	DEADLINE
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GOAL	STEPS	DEADLINE
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## MEASURABLE WAYS TO ACHIEVE YOUR GOAL

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Medication Tracker

[illegible]



# *December*

## 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes & Reminder



# Monthly Planner

MONTH:

M	T	W	T	F	S	S

THIS MONTH GOALS

TO DO LIST

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NOTES & REMINDER

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# Weekly Planner

**WEEK OF:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY

FRIDAY	SATURDAY	SUNDAY	NOTES



## Self Care

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[illegible]

Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	


# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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[illegible]

## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



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Nutrition	

Daily Affirmation	

# Notes



# Daily Self Care

## My Top Priorities

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## Self Care

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## Nutrition

Nutrition

## Daily Affirmation

Daily Affirmation

## Notes

# Notes



## Self Care

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[illegible]

Nutrition	

Daily Affirmation

# Notes



# Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

## NOTES

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# Weekly Self Care

Week Of:

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Affirmation

## Daily Affirmation

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	



# Self Care Journey

MONTH:

YEAR:

ACTS OF SELF CARE

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**AFFIRMATION**



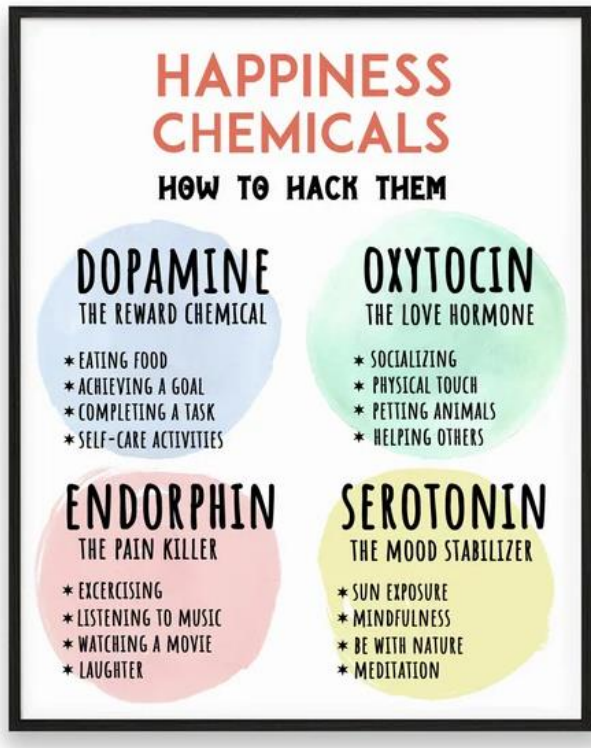
**I AM GRATEFUL FOR..**



Ideas	Action
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Freedom is in the mind. Celebrate your freedom with personalized mindfulness self-care



Freedom is a word that is often used to describe the absence of physical constraints. We may think of freedom as being able to travel where we want, say what we want, and do what we want. However, freedom is also about having control over our minds. When we are mindful, we are aware of our thoughts, feelings, and bodily sensations without judgment. This allows us to make choices that are in alignment with our values and goals.

Mindfulness self-care is the practice of taking care of oneself with awareness and intention. It is a way of living in the present moment and paying attention to our thoughts, feelings, and bodily sensations without judgment. Mindfulness self-care can help us to reduce stress, improve our mental health, and increase our overall well-being.

### The Benefits of Personalized Mindfulness Self-Care

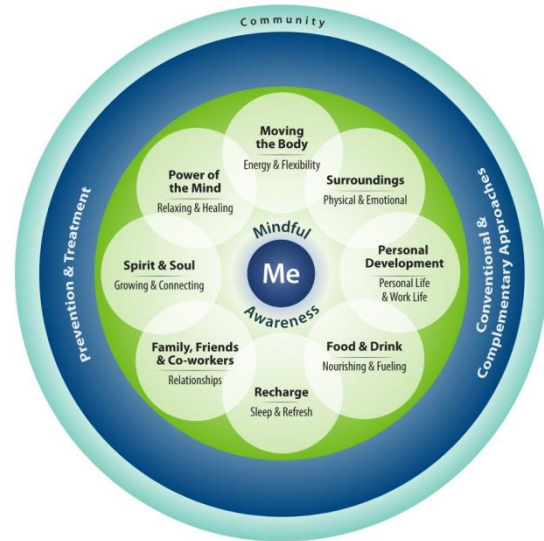
There are many benefits to practicing personalized mindfulness self-care. Some of the benefits include:

- **Reduced stress:** Mindfulness can help us to reduce stress by teaching us how to manage our thoughts and emotions. When we are mindful, we are less likely to get caught up in negative thoughts and emotions. This can help us to feel calmer and more relaxed.
- **Improved mental health:** Mindfulness can help to improve our mental health by reducing anxiety, depression, and other mental health disorders. Mindfulness can also help us to improve our self-esteem and self-awareness.
- **Increased well-being:** Mindfulness can help to increase our overall well-being by improving our physical health, relationships, and work performance. Mindfulness can also help us to live a more present and fulfilling life.

### How to Practice Personalized Mindfulness Self-Care

There are many ways to practice personalized mindfulness self-care. Some of the most popular ways include:

- **Meditation:** Meditation is a practice of sitting quietly and focusing on the present moment. There are many different types of meditation, so you can find one that works for you.
- **Yoga:** Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. Yoga can help to improve your physical and mental health.
- **Journaling:** Journaling is a great way to track your thoughts, feelings, and experiences. It can also help you to identify patterns in your thoughts and behaviors.





## Dharma Seeds Yoga Press ~ Deva Hardeep Singh

- **Walking:** Walking is a great way to get exercise and connect with nature. It can also be a mindful practice if you focus on your breath and the sensations of your body as you walk.
- **Gratitude journaling:** Gratitude journaling is a practice of writing down things you are grateful for. This can help you to focus on the positive aspects of your life and increase your happiness.

## Conclusion



**Freedom is in the mind.** When we are mindful, we are free to choose our thoughts, feelings, and actions. We are also free from the negative effects of stress, anxiety, and depression. Personalized mindfulness self-care is a powerful way to cultivate freedom in the mind.

If you want to improve your mental health and well-being, I encourage you to try personalized mindfulness self-care. There are many different ways to practice mindfulness, so you can find one that works for you. With a little practice, you will be amazed at how mindfulness can help you to live a more free and fulfilling life.

Here are some additional tips for practicing personalized mindfulness self-care:

- Find a quiet place where you will not be disturbed.
- Start with a short practice, such as 5 or 10 minutes.
- Focus on your breath as you inhale and exhale.
- Notice any thoughts or feelings that come up, and let them go without judgment.
- Be patient and kind to yourself.

With regular practice, you will find that mindfulness becomes easier and more enjoyable. You will also start to notice the benefits of mindfulness in your everyday life.

Using journaling for mindfulness self-care, and some journaling prompts:

## Introduction

Journaling is a great way to practice mindfulness self-care. It can help you to:

- Track your thoughts, feelings, and experiences.
- Identify patterns in your thoughts and behaviors.
- Develop awareness of your triggers and how they affect you.
- Express your emotions in a safe and healthy way.
- Set goals and track your progress.
- Gain insights about your life and yourself.
- Connect with your inner wisdom.



# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



SOURCE: dreamstime

TORONTO STAR GRAPHIC

## How to Journal for Mindfulness Self-Care

There are many ways to journal for mindfulness self-care. Here are a few tips:

- Find a quiet place where you will not be disturbed.
- Start with a specific intention for your journaling session.
- Set a timer for 5-10 minutes and see how long you can journal without getting distracted.
- Focus on your breath as you inhale and exhale.
- Notice any thoughts or feelings that come up, and let them go without judgment.
- Be patient and kind to yourself.

## Journaling Prompts

Here are some journaling prompts to get you started:

- What am I grateful for today?
- What was one challenging moment today, and how did I handle it?
- What was one thing I learned today?
- What is one thing I want to change about my life?



- What is one thing I am proud of myself for?
- What is one thing that brings me joy?
- What is one thing that scares me?
- What is one thing I am looking forward to?
- What is one thing I am worried about?

## Conclusion

**Journaling is a powerful tool for mindfulness self-care.** It can help you to become more aware of your thoughts, feelings, and experiences. It can also help you to identify patterns in your thoughts and behaviors and to develop awareness of your triggers and how they affect you. Journaling can be a great way to express your emotions safely and healthily, and to set goals and track your progress. It can also help you to glean insights about your life and yourself and to connect with your inner wisdom.

**If you want to improve your mental health and well-being, I encourage you to try journaling for mindfulness self-care.** There are many different ways to journal, so you can find one that works for you. With a little practice, you will be amazed at how journaling can help you to live a more mindful and fulfilling life.

Here are some additional tips for journaling for mindfulness self-care:

- **Be consistent.** The more you journal, the more benefits you will reap.
- **Be honest with yourself.** Journaling is a safe space to be honest about your thoughts and feelings.
- **Be patient.** It takes time to develop a regular journaling practice and to see the benefits.
- **Have fun!** Journaling should be enjoyable. If you're not having fun, you're less likely to stick with it.

I hope this has inspired you to try journaling for mindfulness self-care. It's a great way to improve your mental health and well-being and to connect with your inner wisdom.



**Using walking for mindfulness self-care, and some mindfulness thoughts to use for walking meditation:**

## Introduction

Walking is a simple yet powerful form of mindfulness self-care. It can help us to connect with our bodies, our

breath, and the present moment. Walking meditation is a specific type of walking that can help us to cultivate mindfulness and awareness.

## How Walking Meditation Works

Walking meditation is a simple practice that can be done anywhere. It involves walking slowly and mindfully, paying attention to the sensations of our body as we move. We can also focus on our breath, the sounds around us, or the sights that we see.

The goal of walking meditation is to bring our attention to the present moment and to let go of thoughts about the past or the future. As we walk, we can notice any thoughts or feelings that come up, and we can simply observe them without judgment. We can also use walking meditation to cultivate gratitude for the simple things in life, such as the feeling of the sun on our skin or the sound of birdsong.



## Benefits of Walking Meditation

Walking meditation has many benefits, including:

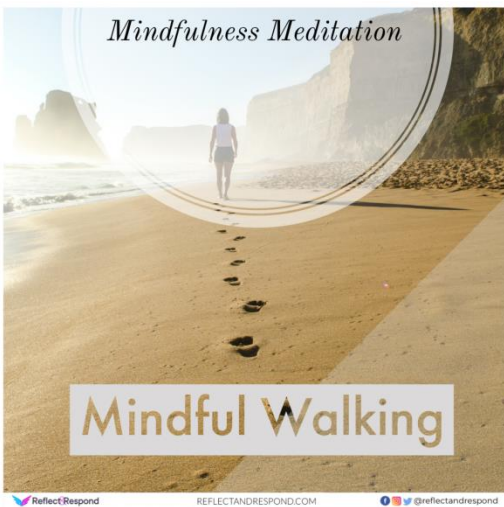
- **Reduced stress:** Walking meditation can help to reduce stress by teaching us how to focus on the present moment and let go of worries about the past or the future.
- **Improved mood:** Walking meditation can help to improve mood by increasing feelings of happiness, joy, and peace.
- **Increased focus:** Walking meditation can help to increase focus and concentration by training our minds to stay present and aware.
- **Improved physical health:** Walking meditation can help to improve physical health by increasing cardiovascular fitness and reducing blood pressure.
- **Increased mindfulness:** Walking meditation can help to increase mindfulness, which is the ability to be aware of our thoughts, feelings, and bodily sensations without judgment.

## Mindfulness Thoughts for Walking Meditation

Here are some mindfulness thoughts that you can use for walking meditation:

- **Notice the sensations of your body as you walk.** Pay attention to the feeling of your feet on the ground, the movement of your arms and legs, and the rise and fall of your breath.
- **Focus on your breath.** As you walk, focus on your breath as it enters and leaves your body. Notice the sensation of the air as it flows through your nostrils and lungs.
- **Be aware of your surroundings.** As you walk, take in the sights, sounds, and smells of your surroundings. Notice the trees, the flowers, the birds, and the people around you.
- **Let go of thoughts and judgments.** As you walk, notice any thoughts or judgments that come up. Don't judge yourself for having these thoughts, just let them go and return to your breath.
- **Be grateful.** As you walk, take a moment to be grateful for the simple things in life, such as the feeling of the sun on your skin or the sound of birdsong.

## Conclusion



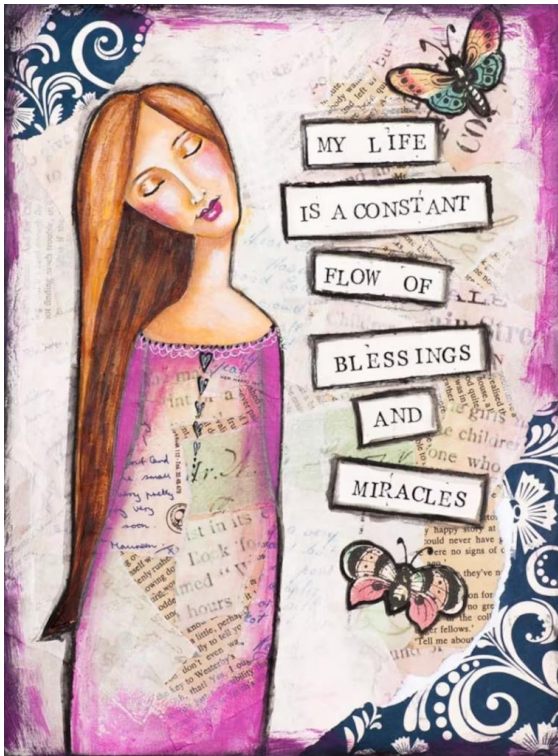
Walking meditation is a simple yet powerful way to cultivate mindfulness and awareness. It can be done anywhere and at any time, and it doesn't require any special equipment. If you're looking for a way to improve your mental and physical health, I encourage you to try walking meditation. You may be surprised at how much you enjoy it.

Here are some additional tips for walking meditation:

- **Start slowly.** If you're new to walking meditation, start by walking slowly and mindfully. You can gradually increase your speed as you become more comfortable with the practice.
- **Find a quiet place.** If possible, find a quiet place to walk where you won't be interrupted. This will help you to focus on your practice and to avoid distractions.
- **Be patient.** It takes time to develop a regular walking meditation practice. Be patient with yourself and don't get discouraged if you don't see results immediately.
- **Have fun!** Walking meditation should be enjoyable. If you're not having fun, you're less likely to stick with it.



I hope this has inspired you to try walking meditation. It's a great way to improve your mental and physical health and to connect with your inner wisdom.



Using gratitude journaling for mindfulness self-care, and a list of gratitude journaling prompts:

### Introduction

Gratitude journaling is a simple yet powerful way to improve your mental and emotional health. It involves writing down things you are grateful for, both big and small. Gratitude journaling can help you to focus on the positive aspects of your life, and to let go of negative thoughts and emotions.

### How Gratitude Journaling Works

Gratitude journaling works by helping you to focus on the positive aspects of your life. When you write down things you are grateful for, you are essentially training your mind to notice the good things in your life. This can help you to shift your focus away from negative thoughts and emotions and to appreciate the good things you have.

### Benefits of Gratitude Journaling

Gratitude journaling has many benefits, including:

- **Reduced stress:** Gratitude journaling can help to reduce stress by helping you to focus on the positive aspects of your life. When you focus on the good things in your life, it can help you to feel more grateful and less stressed.
- **Improved mood:** Gratitude journaling can help to improve mood by increasing feelings of happiness, joy, and peace. When you focus on the good things in your life, it can help you to feel more positive and optimistic.
- **Increased self-esteem:** Gratitude journaling can help to increase self-esteem by helping you to appreciate your own accomplishments and strengths. When you write down things you are grateful for, you are essentially reminding yourself of all the good things you have done and all the good things you have to offer.
- **Improved sleep:** Gratitude journaling can help to improve sleep by helping you to relax and de-stress before bed. When you write down things you are grateful for before bed, it can help you to feel more positive and relaxed, which can make it easier to fall asleep.
- **Increased mindfulness:** Gratitude journaling can help to increase mindfulness, which is the ability to be aware of our thoughts, feelings, and bodily sensations without judgment. When you write down things you are grateful for, you are essentially paying attention to the good things in your life, which can help you to become more mindful of your overall experience.

### Gratitude Journaling Prompts

Here are some gratitude journaling prompts to get you started:

- What am I grateful for today?
- What was one challenging moment today, and how did I handle it?
- What was one thing I learned today?
- What is one thing I want to change about my life?
- What is one thing I am proud of myself for?



## 2024 Self-Care Planner

- What is one thing that brings me joy?
- What is one thing that scares me?
- What is one thing I am looking forward to?
- What is one thing I am worried about?

Free Gratitude Journal - <https://bit.ly/DSY-Gratitude>

### Conclusion

Gratitude journaling is a simple yet powerful way to improve your mental and emotional health. It can help you to focus on the positive aspects of your life, and to let go of negative thoughts and emotions. If you're looking for a way to improve your mental and emotional health, I encourage you to try gratitude journaling. You may be surprised at how much you enjoy it.

Here are some additional tips for gratitude journaling:

- **Be specific.** When you write down things you are grateful for, be specific. Don't just say "I'm grateful for my family." Instead, say "I'm grateful for my husband, who always makes me laugh."
- **Be present.** When you write down things you are grateful for, try to be present in the moment. Don't just think about the things you are grateful for, but also feel the gratitude.
- **Be consistent.** The more consistent you are with gratitude journaling, the more benefits you will reap. Try to journal for at least 10 minutes each day.
- **Have fun!** Gratitude journaling should be enjoyable. If you're not having fun, you're less likely to stick with it.

I hope this has inspired you to try gratitude journaling. It's a great way to improve your mental and emotional health, and to connect with your inner wisdom.

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### Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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### Resources

- [PTSD resources](#)
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.



Dharma Seeds Yoga Press ~ Deva Hardeep Singh

- The National Center for PTSD: <https://www.ptsd.va.gov/>
- The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>
- The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>
- The American Psychological Association: <https://www.apa.org/>
- Prison Yoga Project - 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- In The Rooms (web based 12-STEP rooms) <https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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Sign up for our newsletter: <http://eepurl.com/hQlzgL>

Dharma Seeds Press bookstore: <https://www.lulu.com/spotlight/dharma-seeds-yoga-press/>

[Deva's BoHo Shoppe](https://my-store-e397b4.creator-spring.com/) <https://my-store-e397b4.creator-spring.com/>

Dharma Seeds Yoga [brochure](https://bit.ly/DSY_Brochure) [https://bit.ly/DSY\\_Brochure](https://bit.ly/DSY_Brochure)





# Self Care Planner

My Morning Routine	My Evening Routine

TODAY MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		

## MY PRIORITIES

- ☐
- ☐
- ☐

HEALTH SELF-CARE

FITNESS SELF -CARE

NOTES TO SELF

## MY SCHEDULE

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## MY MOOD TODAY





# Self Care Checklist

Basic	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make Bed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brush Teeth .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bathe .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get Dressed .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go Outside .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smile .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Physical	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get s good nights sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat a healthy breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook a healthy dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take vitamins & medications	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mental	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Take a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talk to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do something that makes me happy now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down what I am thankful for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down a future goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read 10 pages of a book	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Self Care Tracker

Self-Care Action	M	T	W	T	F	S	S
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# Habit Tracker

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# Routine Tracker

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# Gratitude Tracker

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**THINGS**

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**EXPERIENCES**

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# Life Checklist

Personal Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Physical Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Work/Business	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Healthy Meal Plan

Week Of:

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



## To Do List

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Notes

[illegible]



440



## ***Organizations Dharma Seeds networks and supports***

**World Yoga Federation:** <https://www.worldyogafederation.org>.

**Yoga Alliance:** <https://www.yogaalliance.org/>

**Prison Yoga Project:** <http://prisonyoga.org>

**Their 200CYThr Yoga Training:** <https://bit.ly/PYP-Training>

**Center for Trauma & Embodiment at Justice Research Institute:**

<https://jri.org/services/behavioral-health-and-trauma/center-for-trauma-and-embodiment>

**Trauma Center Trauma- Sensitive Yoga:** <https://www.traumasensitiveyoga.com/about>

**Collective Resilience Trauma Informed Yoga:** <http://collectiveresilienceyoga.com/>

**RW Alves Yoga & Somatics:** <http://www.rwalves.com/>

**Hala Khouri:** <https://halakhouri.com/>

**Accessible Yoga:** <https://www.accessibleyoga.org/>

**Sequence Wiz:** <https://sequencewiz.org/>

**Yoga mat provided by:** <https://yogaste.co/>

**Meditation Cushion provided by:** [https://www.yogadirect.com/Meditation-Kit p 1246.html](https://www.yogadirect.com/Meditation-Kit-p-1246.html)

**Oracle Cards by:** Empath Guidance And Empowerment Oracle Cards by Tiffany Stiles and Indie Goes Software. Now available for iPhone / iPad, Android and Amazon.

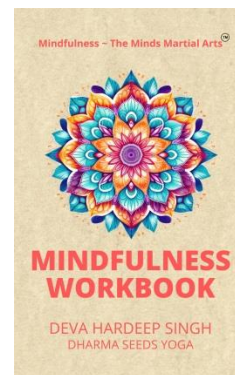
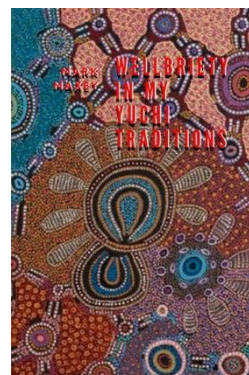
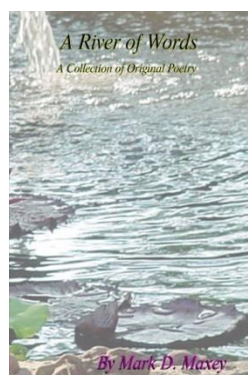
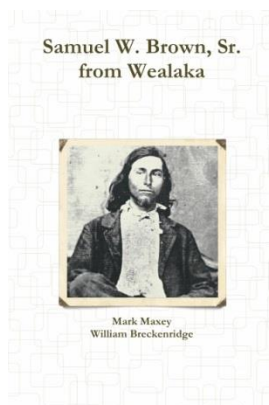
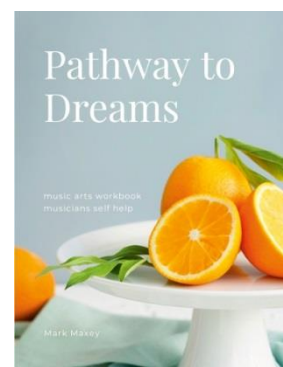
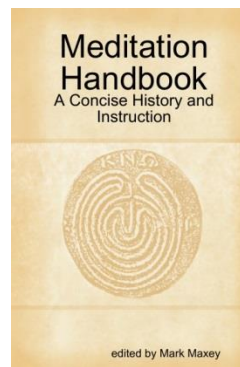
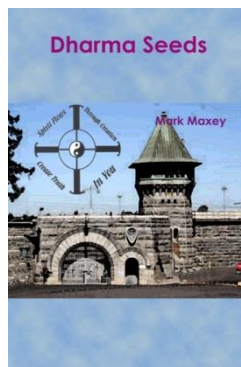
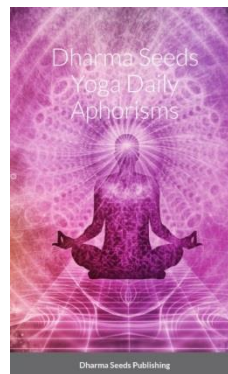
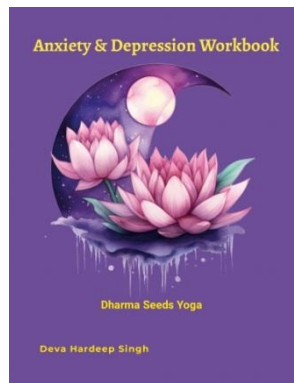
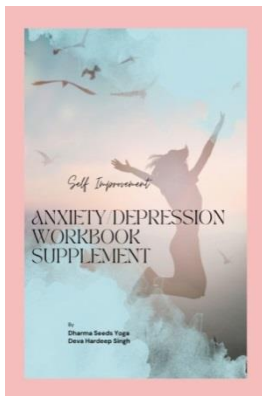
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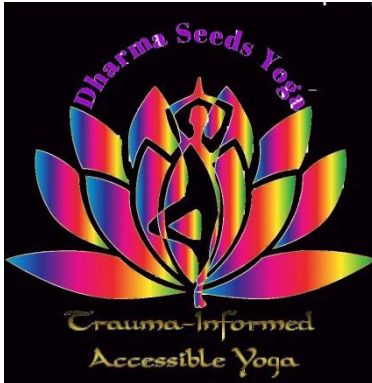
*Dharma Seeds Yoga Press*

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Dharma Seeds Yoga Press ~ Deva Hardeep Singh  
Dharma Seeds Yoga



<https://dharmaseedsyoga.wordpress.com/>

Dharma Seeds Yoga was founded by Deva Hardeep Singh. Dharma Seeds Yoga follows the path of Raja Yoga as taught through [Prison Yoga Project teacher training](#). We are a trauma-informed yoga practice for all persons. We are LGBTQ+ friendly, staffed, and respect all spiritual paths of our students. There is no “one” guru or any guru’s or individuals to adhere to.



Deva Hardeep Singh (he/him; [neurodivergent](#), gay, [ability injured](#), [post-traumatic stress injury](#), [borderline personality injury](#)) is an Oklahoman, a [Yuchi Indian](#), enrolled in the [Muscogee Nation](#), and studied radio/TV/film in college. He’s worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the [Hulu/FX Series Reservation Dogs](#), as an extra (Seasons 2 & 3) He’s been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Mar 2023 at families 100+year Indigenous homestead.

